

ST. THOMAS KINDERGARTEN
MEAL PLANNER FOR THE MONTH OF NOVEMBER 2025

MONDAY	3.11.25 Rajma Rice + Fruit	10.11.25 Dalia/Poha + Fruit	17.11.25 Stuffed Parantha + Fruit	24.11.25 Idli /Dosa Sambar + Fruit
TUESDAY	4.11.25 Lunch of your choice	11.11.25 Lunch of your choice	18.11.25 Lunch of your choice	25.11.25 Lunch of your choice
WEDNESDAY	5.11.25 HOLIDAY	12.11.25 Vegetable Sandwich + Fruit	19.11.25 Besan Cheela / Pancake + Fruit	26.11.25 Paneer + Chapati
THURSDAY	6.11.25 Lunch of your choice	13.11.25 Lunch of your choice	20.11.25 Lunch of your choice	27.11.25 Lunch of your choice
FRIDAY	7.11.25 Green vegetable + Chapati	14.11.25 Bread Pakora + Fruit	21.11.25 Fried Rice / Veg Pulao	28.11.25 Veg. Macaroni + Fruit

**AIM: MEAL PLANNER IS PROVIDED TO INCULCATE HEALTHY EATING HABIT AND VALUE OF NUTRITIOUS FOOD IN THE STUDENTS.
PLEASE NOTE WE DON'T ENCOURAGE PACKED OR FROZEN FOOD SUCH AS KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.**

