

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

MONDAY	1.12.25 Stuffed Paratha + Fruit	8.12.25 Veg. Sandwich + Fruit	15.12.25 Bread Pakora + Fruit	Christmas Holidays	29.12.25 Rajma with Rice + Fruit
TUESDAY	2.12.25 Lunch of your choice	9.12.25 Lunch of your choice	16.12.25 Lunch of your choice		30.12.25 Lunch of your choice
WEDNESDAY	3.12.25 Besan chilla / Idli+ Fruit	10.12.25 Chapatti + Green Vegetable + Fruit	17.12.25 Chana/Dal + Rice + Fruit		31.12.25 Veg. Vermicelli /Upma + Fruit
THURSDAY	4.12.25 Lunch of your choice	11.12.25 Lunch of your choice	18.12.25 Lunch of your choice		
FRIDAY	5.12.25 Veg. Macaroni + Fruit	12.12.25 Veg Pulao + Fruit	19.12.25 Party Snacks		

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 LIKE KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.