



ST. THOMAS KINDERGARTEN
MEAL PLANNER FOR THE MONTH OF JANUARY 2026

MONDAY	1.1.26 – 11.1.26 WINTER BREAK	19.1.26 Cheela/Pancake + Fruit	26.1.26 REPUBLIC DAY
TUESDAY		20.1.26 Lunch of your choice	27.1.26 Lunch of your choice
WEDNESDAY		21.1.26 Peas Poha + Fruit	28.1.26 Puri Bhaji + Fruit
THURSDAY		22.1.22 Yellow colour Food item	29.1.26 Lunch of your choice
FRIDAY		23.1.26 Stuffed Parantha + Fruit	30.1.26 Veg. Pulao + 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 LIKE KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.

