

ST. THOMAS KINDERGARTEN
MEAL PLANNER FOR THE MONTH OF FEBRUARY – MARCH 2026

MONDAY	2.2.26 Veg. Roll + Fruit	9.2.26 Veg. Sandwich + Fruit	16.2.26 Idli + sambar/chutney Fruit	23.2.26 Pao Bhaji + Fruit	2.3.26 Veg. Vermicelli /Upma + Fruit
TUESDAY	3.2.26 Lunch of your choice	10.2.26 Lunch of your choice	17.2.26 Lunch of your choice	24.2.26 Lunch of your choice	3.3.26 Lunch of your choice
WEDNESDAY	4.2.26 Homemade Pasta + Fruit	11.2.26 Chapatti + Green Vegetable + Fruit	18.2.26 Dal with Rice + Fruit	25.2.26 Chapatti + Vegetable + Fruit	4.3.26 Stuffed Paratha + Fruit
THURSDAY	5.2.26 Lunch of your choice	12.2.26 Lunch of your choice	19.2.26 Lunch of your choice	26.2.26 Lunch of your choice	5.3.26 Lunch of your choice
FRIDAY	6.2.26 Rajma Rice + Fruit	13.2.26 Veg Pulao + Fruit	20.2.26 Dal Paratha + Fruit	27.2.26 Veg. Macroni + Fruit	6.3.26 Veg. Poha + 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.