

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

MONDAY	03.08.26 Veg. Vermicelli /Upma + Fruit	10.08.26 Veg. Sandwich + Fruit	17.08.26 Bread Pakora + Fruit	24.08.26 Veg Cheela+ Fruit	31.08.26 Stuffed Paratha + Fruit
TUESDAY	04.08.26 Lunch of your choice	11.08.26 Lunch of your choice	18.08.26 Lunch of your choice	25.08.26 Lunch of your choice	
WEDNESDAY	05.08.26 Stuffed Paratha + Fruit	12.08.26 Chapatti + Green Vegetable + Fruit	19.08.26 Dal with Rice + Fruit	26.08.26 HOLIDAY	
THURSDAY	06.08.26 Lunch of your choice	13.08.26 Lunch of your choice	20.08.26 Lunch of your choice	27.08.26 HOLIDAY	
FRIDAY	07.08.26 Rajma with Rice + Fruit	14.08.26 Aloo Puri + Any Sweet	21.08.26 Veg. Poha + Fruit	28.08.26 HOLIDAY	

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.