

ST. THOMAS SCHOOL, SAHIBABAD

MEAL PLANNER FOR THE MONTH OF SEPTEMBER 2026

MONDAY		7.9.26 Veg. Sandwich + Fruit	14.9.26 Bread Pakora + Fruit	21.9.26 Veg. Vermicelli /Upma + Fruit	28.9.26 Rajma with Rice + Fruit
TUESDAY	1.9.26 Lunch of your choice	8.9.26 Lunch of your choice	15.9.26 Lunch of your choice	22.9.26 Lunch of your choice	29.9.26 Lunch of your choice
WEDNESDAY	2.9.26 Pao Bhaji + Fruit	9.9.26 Chapatti + Green Vegetable + Fruit	16.9.26 Veg. Poha + Fruit	23.9.26 Dal Paratha + Fruit	30.9.26 Stuffed Paratha + Fruit
THURSDAY	3.9.26 Lunch of your choice	10.9.26 Lunch of your choice	17.9.26 Lunch of your choice	24.9.26 Lunch of your choice	
FRIDAY	4.9.26 HOLIDAY	11.9.26 Veg Pulao + Fruit	18.9.26 Chapatti + Vegetable + Fruit	25.9.26 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 LIKE KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.

