

ST. THOMAS KINDERGARTEN

MEAL PLANNER FOR THE MONTH OF OCTOBER 2026

MONDAY		05.10.26 Veg. Sandwich + Fruit	12.10.26 Bread Pakora + Fruit	19.10.26 HOLIDAY	26.10.26 HOLIDAY
TUESDAY		06.10.26 Lunch of your choice	13.10.26 Lunch of your choice	20.10.26 HOLIDAY	27.10.26 Lunch of your choice
WEDNESDAY		07.10.26 Chapatti + Green Vegetable + Fruit	14.10.26 Dal with Rice + Fruit	21.10.26 Chapatti + Vegetable + Fruit	28.10.26 Veg. Macaroni + Fruit
THURSDAY		01.10.26 Lunch of your choice	08.10.26 Lunch of your choice	15.10.26 Lunch of your choice	22.10.26 Lunch of your choice
FRIDAY		02.10.26 HOLIDAY	09.10.26 Veg Pulao + Fruit	16.10.26 Chapatti + Vegetable + Fruit	23.10.26 Rajma Rice + Fruit
				29.10.26 Lunch of your choice	30.10.26 Stuffed Paratha + 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.

