# ST. THOMAS KINDERGARTEN

## MEAL PLANNER FOR THE MONTH OF NOVEMBER 2026

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| MONDAY | 02.11.26<br>Rajma Rice + Fruit | 09.11.26<br>HOLIDAY | 16.11.26<br>Stuffed Paratha + Fruit | 23.11.26<br>Idli /Dosa Sambar + Fruit | 30.11.26<br>Dal Paratha + Fruit |
| TUESDAY | 03.11.26<br>Lunch of your choice | 10.11.26<br>HOLIDAY | 17.11.26<br>Lunch of your choice | 24.11.26<br>HOLIDAY | |
| WEDNESDAY | 04.11.26<br>Green vegetable + Chapati | 11.11.26<br>HOLIDAY | 18.11.26<br>Besan Cheela / Pancake + Fruit | 25.11.26<br>Paneer + Chapati | |
| THURSDAY | 05.11.26<br>Lunch of your choice | 12.11.26<br>Lunch of your choice | 19.11.26<br>Lunch of your choice | 26.11.26<br>Lunch of your choice | |
| FRIDAY | 06.11.26<br>Aloo Puri + Any Sweet | 13.11.26<br>Party Snacks | 20.11.26<br>Fried Rice / Veg Pulao + Fruit | 27.11.26<br>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 SUCH AS KETCHUP, MAGGI, PICKLE, PASTRIES, COOKIES, CHIPS, FRIES ETC.**

