

DELHI PUBLIC SCHOOL, SUSHANT LOK
PRE NUR, NUR, PREP
'NUTRITION ON PLATE'
FOR 2nd WEEK OF MAY'19

“Eating well is a form of self-respect.”

DATE	DAY	FRUIT BREAK	YUMMY TUMMY TIME
06.05.2019	MONDAY	ORANGE & WHOLE WHEAT COOKIES	RAJMA ,RICE & LASSI
07.05.2019	TUESDAY	BANANA & MULTI GRAIN COOKIES	SHAHI PANEER, ROTI & KHEER
08.05.2019	WEDNESDAY	WATER MELON & OAT MEAL COOKIES	IDLY SAMBHAR & PLAIN CUSTARD
09-05-19	THURSDAY	BANANA & WHOLE WHEAT COOKIE	YELLOW DAL SPINACH ,RICE & MUNCH
10-05-19	FRIDAY (CLASS PARTY)	ORANGE & OREO BISCUITS	FRENCH FRIES , RED SAUCE PASTA & ICE CREAM

*** KINDLY INFORM THE CLASS TEACHER IF THE CHILD IS LACTOSE /GLUTEN INTOLERANT OR HAS ANY OTHER FOOD ALLERGIES. .**

(APPROVED BY Ms.NAMRATA SRIVASTAV SENIOR DIETICIAN AT MEDANTA THE MEDICITY)