

**DELHI PUBLIC SCHOOL, SUSHANT LOK
PRE NUR, NUR, PREP
'NUTRITION ON PLATE'
FOR 3RD WEEK OF APRIL '19**

**EATING HABITS ARE INSTILLED FROM A YOUNG AGE,
AND OFTEN THESE HABITS ARE CARRIED THROUGH TO
ADULTHOOD.**

DATE	DAY	FRUIT BREAK	YUMMY TUMMY TIME
15-04-19	MONDAY	BANANA & WHOLE WHEAT COOKIES	WHOLE WHEAT KULCHA, MATAR, JUMPIN
16-04-19	TUESDAY	ORANGE & MULTI GRAIN COOKIES	DAL MAKHNI, ZEERA ALOO, CHAPATI, FRUIT CAKE SLICE
17-04-19	WEDNESDAY	HOLIDAY MAHAVIR JAYANTI	HOLIDAY
18-04-19	THURSDAY	VEGETABLE SPROUT SALAD WITH CUCUMBER AND POMEGRANATE	RAJMA, RICE AND FRUIT CURD
19-04-19	FRIDAY	HOLIDAY GOOD FRIDAY	HOLIDAY

***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)