







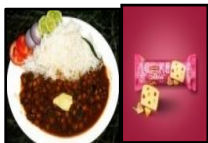





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MY HEALTHY M E A L M E N U MAY 2025
			1  VEGETABLE DALIYA AND CREAM BISCUITS [RICH IN: ZINC AND VIT B1]	2  CHOLE RICE, SEASONAL SALAD AND BURFI [RICH IN: FOLATE AND MAGNESIUM]	
5  BOTTLE GOURD IN CHANNA DAAL CHAPATI AND BENGALI RASGULLA [RICE IN : IRON AND PROTEIN]	6  PANCHRATTAN DAAL, CHAPATI AND SWEET VERMICELLI [RICH IN: VITAMIN B5 AND PROTEIN]	7  PAV BHAJI, GREEN SALAD [RICH IN: MAGNESIUM AND VITA]	8  MATAR PANEER, TAWA ROTI, AND BOONDI RAITA [RICH IN: CALCIUM AND VITAMIN A]	9  VEGETABLE VERMICELLI AND BESAN LADOO RICH IN: VITAMIN B1 AND PROTEIN]	
12  Holiday	13  BLACK CHANA RICE AND FRUIT CAKE [RICH IN: VITAMIN B12 AND ZINC]	14  ALOO PURI & KASHMIRI HALWA [RICH IN: MAGNISUM AND POTASIUM]			

NOTE: THIS MEAL MENU IS SUBJECT TO CHANGE AS PER THE AVAILABILITY OF THE MATERIAL.
THIS MEAL MENU IS UPLOADED ON SCHOOL'S WEBSITE EVERY MONTH.

