

SARASWATI PARADISE INTERNATIONAL PUBLIC SCHOOL, SANJAULI

WEEKLY DIET CHART FOR STUDENT'S FRUIT & LUNCH BREAK

SUGGESTED ITEMS FOR FRUIT BREAK	
Seasonal Fruits, Fruit Chaat, Sprouts, Dry Fruits, Fruit Juices, Buttermilk, Milk Shake, Smoothies	

NOTE : No Soft/Cold Drinks are allowed as they are unhealthy. If found, will be confiscated.

SUGGESTED ITEMS FOR LUNCH	
MONDAY	Veg. Sandwich, Jam Sandwich, Pav Bhaji, Veg. Rolls, Veg. Cutlets, Veg. Macaroni, Veg. Kathi Rolls
TUESDAY	Any Stuffed Parantha with Curd/Pickle, Masala Dosa, Idli-Sambhar, Upma with Curd
WEDNESDAY	Mixed Veg. Pulao, Any Rice Dish, Oats Mixed Vegetable Khichdi
THURSDAY	Seasonal Green Vegetables/Mixed Vegetables with Chapatti, SavouryPancake(Cheela) with Chutney/Sauce
FRIDAY	Poha, Curry Rice, Dhokla with Chutney, Sago(Saboodana) Khichdi
SATURDAY	Food of Student's Choice (Junk Food and Unhealthy Food like Pizza, Burger, Maggi, French Fries etc are Not Allowed)

NOTE : Green Salad must be included in the lunch as and whenever required with the food item sent in the lunchbox.

- School doesnot provide Canteen Facility. So, make sure to send proper lunchbox and fruit box along with your ward.
- Kindly send a good quality Water Bottle with lukewarm water everyday along with your ward.

PRINCIPAL