

Diet Chart

Monday	-	Vegetable (any of your choice) + Puri/Roti/Paratha
Tuesday	-	Fried rice with vegetables
Wednesday	-	Stuffed Paratha (Paneer/Vegetable/Dal)
Thursday	-	Halwa (Sooji/Dal) + Puri
Friday	-	Chhole/Rajma/Lobia + Puri + Rice
Saturday	-	Sandwich/Bread and Jam and Butter/Sprouts.

- Note :
- Please do not give Pickle and and sauce
 - Roti with vegetable can be sent any day.
 - Send a fruit daily.
 - Kindly send a napkin daily to school