

LAKSHMIPAT SINGHANIA ACADEMY

Meal Menu

Dear Parents,

We believe that along with nurturing the minds of the children the body needs nourishment too. We have designed a meal plan for your kind reference. You may vary the plan as per your ward's likes and dislikes. Just ensure that the meal is healthy.

Monday	* puri or roti, sabji/ stuffed paratha / chilla or vegetable sandwich/ pao bhaji
	*Any fruit
Tuesday	*poha/ upma/idli/ sandwich/ veg or paneer cutlet with garlic bread
	* sprouted channas or nuts
Wednesday	*chirwa pulao/ cheese toast or stuffed toasts/ baked beans and toast/ bread pulao/ uttapam
	*fruit salad
Thursday	*vegetable fried rice/ brown bread sandwich/ roti or puri-sabji/ vegetable roll
	*sweet-sandesh
Friday	*their favourite food items

N.B. Children should bring a napkin daily to school.

Thanking You
For Lakshmipat Singhania Academy

Meena Kak
Principal