

# 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