



WEEKLY MEAL PLANNER

WEEK: 20

12/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 banana / banana shake	Calories:116 P:1.3 C:27 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Bell pepper millet pasta	This meal provides about 405kcal. 16 gm protein, 56gm carbs & 13gm good quality fat.	Millet pasta is a healthier alternative of regular pasta, it has a lower glycemic index compared to traditional pasta. Sauce of this dish is made with the goodness of bell peppers, cashew & little milk. Cashews are rich in iron, zinc, magnesium & packed with antioxidants. Bell peppers are an excellent source of vitamin C, supports immune function and skin health.
13/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Grapes + 3 almonds (optional)	Calories:95 C:10 P:2 F:5	Grapes and almonds make a nutritious combo for kids. Grapes provide vitamins, antioxidants, and natural sugars for energy, while almonds offer healthy fats, protein, and essential minerals. This snack supports overall growth, boosts brain function, and provides sustained energy, making it a well-rounded and wholesome choice for kids' health. Remember to serve grapes cut to prevent choking hazards in younger children.
Lunch	Rajma with 1/2 tsp ghee + jeera rice + cucumber sticks & carrot sticks + curd	This meal provides about 375kcal. This meal provides 17 gm protein, 53gm carbs & 8g good quality fat.	Rajma chawal with ghee is a nutritious and tasty choice for kids. The dish provides essential nutrients crucial for their growth and development. Lunch Rajma with 1/2 tsp ghee + jeera rice + cucumber sticks & carrot sticks + curd This meal provided about 375kcal. This meal provides 17 gm protein, 53gm carbs & 8g good quality fat. The kidney beans offer a healthy dose of protein, essential for building and repairing tissues, while the rice contributes complex carbohydrates for sustained energy. Additionally, the meal is rich in dietary fiber, promoting digestive health. The presence of vitamins and minerals, such as iron and magnesium, supports overall well-being. Introducing ghee adds healthy fats to the mix, aiding in nutrient absorption and brain development. Moreover, the flavoursome nature of rajma chawal may make it appealing to kids, encouraging them to enjoy a well-balanced and culturally diverse diet.
14/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with carrot sticks / cucumber sticks	Calories:203 P:6 C:20 F:11	Homemade hummus paired with cucumber and carrot sticks is a nutritious snack for preschoolers. The chickpeas in hummus provide protein and fiber, supporting growth and digestion. Cucumber and carrots add vitamins and crunch, enhancing the overall nutritional value. This combo offers a tasty way for kids to enjoy vegetables while promoting a balanced and wholesome diet.
Lunch	Tri colour idly + sambhar + coconut chutney + cucumber sticks + 1-2 beetroot sticks	Calories:300 P:9 C:36 Fats:13s	Sambhar, idly, and coconut chutney collectively provide a well-rounded nutritional boost for kids. The sambhar is prepared from lentils and an array of vegetables, offers a rich source of protein, fiber, and essential vitamins, promoting overall growth and development. Idly, being a fermented rice and lentil cake, adds easily digestible carbohydrates. Meanwhile, the coconut chutney not only enhances flavor but also contributes healthy fats and additional nutrients. This trio forms a nutritious combination that not only satiates young appetites but also supports the diverse nutritional needs crucial for a child's well-being.
15/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	HOLIDAY	HOLIDAY	HOLIDAY
Lunch	HOLIDAY	HOLIDAY	HOLIDAY
16/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Coconut water	Calories:254 P:2 F:2 C:50	Coconut water is a healthy beverage for kids. It is a natural source of hydration, providing electrolytes like potassium, magnesium, and calcium. With a mild, sweet taste, coconut water can be enticing for children and serves as a refreshing alternative to sugary drinks. Additionally, it supports digestion, boosts the immune system, and contributes to overall well-being.
Lunch	Black channa tikkis with sauteed veggies thick, hung curd mint chutney & cucumber sticks	Calories:361 P:15 C:55 F:9	Black channa tikki with curd chutney has many nutritional benefits for preschool kids. Black chickpeas (kala chana) in the tikki are a good source of protein, iron, fiber, and other essential minerals, supporting muscle development and overall growth. The tikki is prepared with wholesome ingredients, which provides sustained energy for active youngsters. Curd chutney, made from yogurt, adds calcium for bone health and probiotics for a healthy digestive system. Together, this combination offers a balanced mix of nutrients, promoting a well-rounded diet for preschoolers. The flavorsome tikki and chutney also make it a kid friendly meal, encouraging healthy eating habits from a young age for a child's well-being.



WEEKLY MEAL PLANNER

WEEK: 21

19/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	HOLIDAY	RAKSHA BANDHAN	HOLIDAY
Lunch	HOLIDAY	RAKSHA BANDHAN	HOLIDAY
20/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Grapes + 3 almonds (optional)	Calories:95 C:10 P:2 F:5	Grapes and almonds make a nutritious combo for kids. Grapes provide vitamins, antioxidants, and natural sugars for energy, while almonds offer healthy fats, protein, and essential minerals. This snack supports overall growth, boosts brain function, and provides sustained energy, making it a well-rounded and wholesome choice for kids' health. Remember to serve grapes cut to prevent choking hazards in younger children.
Lunch	Roti + mix veg with pea + curd + cucumber & carrot sticks	Calories:300 P:15 C:40 F:8	Matar mix veg roti with curd presents a nutritionally rich and appealing option for preschool kids. The matar (green peas) and mixed vegetable in the roti contribute essential vitamins, minerals, and fiber crucial for growth and development. The whole-grain roti provides complex carbohydrates for sustained energy, while the curd offers calcium for bone health and probiotics supporting a well-functioning digestive system. This wholesome combination ensures a balance of proteins, carbohydrates, and healthy fats, promoting overall nutrition for young children. The colorful mix of vegetables makes the meal visually appealing, encouraging kids to enjoy a diverse range of nutrients and fostering positive eating habits from an early age.
21/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake	Calories:198 P:9 C:32 F:2	Banana shake is a delightful and nutritious treat. Blending these fruits creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers.
Lunch	Paneer rice + curd + cucumber & 2 beetroot sticks	Calories: 436 - P:20, C:46, F:19	Paneer, or Indian cottage cheese, is a good source of protein and calcium, supporting muscle development and bone health. Rice provides carbohydrates for energy, and when paired with paneer, it creates a balanced meal. Curd, or yogurt, in the dish contributes probiotics for a healthy digestive system and additional calcium for bone strength. The combination of these ingredients offers a mix of macronutrients and micronutrients essential for growing children. This wholesome meal not only satisfies their taste buds but also helps meet their nutritional needs, promoting overall well-being.
22/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Coconut water	Calories:276 P:9 F:8 C:41	Banana shake made without added sugar offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing vitamins and minerals like vitamin C and B6. The natural sweetness of bananas eliminates the need for additional sugars, making it a healthier option. This shake is not only delicious but also provides energy and essential nutrients for growing children, making it a nutritious and satisfying snack or meal addition.
Lunch	Roti + dal + gobhi aloo + cucumber sticks & carrot sticks)	Calories:340 P:10 C:52 F:11	Roti with dal, gobhi (cauliflower), and aloo (potato) provides numerous nutritional benefits for kids. The roti offers complex carbohydrates, while dal contributes protein and essential nutrients. Gobhi is a good source of vitamins, fiber, and antioxidants, supporting overall health. Aloo adds carbohydrates and important minerals. Together, these ingredients create a balanced meal, providing energy, promoting growth, and supporting various bodily functions. The combination of
23/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake	Calories:61 P:0.9 F:0 C:15	Lychees are a delicious and nutritious fruit for kids, offering several health benefits. They are rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Lychees also contain antioxidants like flavonoids and polyphenols, which may help reduce the risk of chronic diseases and inflammation. Additionally, their natural sweetness makes them a tasty alternative to sugary snacks, providing energy and essential nutrients for growing bodies. Musk melon, also known as cantaloupe, provides several health benefits for kids. It is rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Musk melon also contains electrolytes like potassium, aiding in hydration and muscle function. Additionally, its high water content helps keep kids hydrated, especially during hot weather, while its natural sweetness makes it a delicious and nutritious snack option for children.
Lunch	Black channa cutlet wrap - cutlet, hung curd dip, cooked onion, capsicum & carrot	Calories:360 P:13 C:58 F:9	Black channa cutlet wrap is a nutritious and flavorful choice for kids. The black chickpeas bring protein and fiber, promoting healthy growth and digestion. The whole grain wrap adds complex carbohydrates, providing lasting energy for active youngsters. Including veggies in the cutlet boosts essential vitamins and minerals. This combination creates a well-rounded meal, ensuring a good mix of nutrients crucial for a child's development. Beyond its nutritional benefits, the wrap format makes it a hands-on and enjoyable eating experience for kids, making it easier to introduce and appreciate a variety of healthy ingredients in one go.



WEEKLY MEAL PLANNER

WEEK: 22

26/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Coconut Water	Calories:46 P:1 C:8.9 F:0	Coconut water is a healthy beverage for kids. It is a natural source of hydration, providing electrolytes like potassium, magnesium, and calcium. With a mild, sweet taste, coconut water can be enticing for children and serves as a refreshing alternative to sugary drinks. Additionally, it supports digestion, boosts the immune system, and contributes to overall well-being.
Lunch	Pao bhaji- sandwich- whole wheat pao + 1/2 tsp ghee + cucumber &; 2 beetroot sticks (healthy bhaji made of pumpkin pea potato beetroot & other veggies)	Calories:388 P:11 C:60 F:12	Pumpkin bhaji and whole wheat pao together offer a wholesome and nutritionally rich meal for preschool kids. The pumpkin bhaji, with its vibrant orange color, is a powerhouse of vitamins A and C, crucial for immune system support and healthy vision. Additionally, the fiber content promotes good digestion. Pairing it with whole wheat pao enhances the nutritional profile, providing sustained energy from complex carbohydrates, along with essential B vitamins and minerals like iron and magnesium. This combination not only caters to the taste preferences of young children but also ensures they receive a diverse range of nutrients vital for their growth and development.
27/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 Banana / banana shake	Calories:198kcal P:9 C:32 F:2	Banana shake is a delightful and nutritious treat. Blending this fruit creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers.
Lunch	Bhindi wrap 1/2 tsp ghee with 1 katori curd + cucumber sticks	Calories:300 C:41 P:13 F:10	Bhindi (okra) wrap with curd presents a nutritionally wholesome option for preschool kids. Bhindi, packed with fiber and vitamins A and C supports healthy digestion and boosts immune function. The whole wheat wrap contributes complex carbohydrates for sustained energy and additional fiber. Pairing it with curd introduces essential calcium for bone development, protein for growth, and probiotics promoting good gut health. This combination not only caters to young taste buds but also ensures a well-rounded intake of nutrients crucial for their overall growth and well-being. 17/04/2024 MEAL CALORIFIC VALUE NUTRITIONAL VALUE
28/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Grapes + 3 almonds (optional)	Calories:95 C:10 P:2 F:5	Grapes and almonds make a nutritious combo for kids. Grapes provide vitamins, antioxidants, and natural sugars for energy, while almonds offer healthy fats, protein, and essential minerals. This snack supports overall growth, boosts brain function, and provides sustained energy, making it a well-rounded and wholesome choice for kids' health. Remember to serve grapes cut to prevent choking hazards in younger children.
Lunch	Healthy burger whole wheat bun, Rajma & potato cutlet + healthy curd dip + cucumber sticks	Calories:303 P:12 C:51 F:6	Healthy burger featuring rajma tikki and curd dip offers a nutritious delight for preschool kids. The rajma tikki, made from kidney beans, provides a protein punch essential for growth, along with fiber for digestive health. The curd dip not only enhances flavor but also introduces calcium for strong bones and probiotics that support a healthy gut. This combination caters to young taste preferences while delivering a balance of proteins, carbohydrates, and beneficial nutrients crucial for the development and well-being of preschoolers.
29/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana OR apple juice with little beetroot & carrot mixed	Calories: 116 C: 27 P: 1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	dal parantha with 1/2 tsp ghee + curd + cucumber and carrot sticks	Calories:334 P:15 C:41 F:13	Dal parantha paired with ghee and curd forms a nutritionally rich meal tailored for preschool kids. Dal, a good source of plant-based protein and essential nutrients, contributes to their growth and development. Whole wheat parantha offers complex carbohydrates, ensuring sustained energy release. The addition of ghee provides healthy fats, while curd introduces calcium for strong bones and probiotics that support digestive health. This combination not only caters to the taste preferences of young children but also ensures a well-rounded intake of proteins, carbohydrates, fats, and essential vitamins, fostering their overall well-being.
30/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:116 C:27 P: 1.3 F:0.4	Banana shake offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing essential vitamins like vitamin C and B6. The natural sugars in bananas provide a quick source of energy, making this shake an excellent choice for a pre- or post-activity snack. Additionally, the fibre in bananas helps promote healthy digestion, making it a nutritious and satisfying option for children.
Lunch	Kadhi for babies + jeera rice + cucumber sticks + bhindi sabzi	Calories :381 C:50 P:16 F:13	Introducing kadhi for babies alongside rice, okra sabzi, and cucumber sticks creates a nutritionally balanced meal tailored for preschool kids. The kadhi provides a source of probiotics, aiding in digestion and promoting a healthy gut. Paired with rice, it offers energy-rich carbohydrates. The okra sabzi contributes dietary fiber, vitamins, and minerals crucial for overall development. Complementing the meal with cucumber sticks not only adds a refreshing crunch but also provides hydration and additional vitamins. This combination not only caters to the taste preferences of preschoolers but also ensures a diverse intake of essential nutrients, supporting their growth, immunity, and overall well-being.



WEEKLY MEAL PLANNER

WEEK: 23

02/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Potato chaat with curd, chutney & anaar	Calories:183 P:7 F:8 C:22	Non-fried potato curd and pomegranate (anaar) chaat is a healthy and flavorful snack for kids with numerous benefits. Potatoes provide energy-boosting carbohydrates, while the curd offers calcium for strong bones and probiotics for gut health. Pomegranate seeds are rich in antioxidants, which support immune function and heart health. Additionally, this snack is low in unhealthy fats and sugars, making it a nutritious option that satisfies hunger while providing essential nutrients for growing kids.
Lunch	Sambhar + idly/uttapam + coconut chutney + cucumber carrot sticks	Calories : 300 Protein: 9 Carbs: 36 Fats: 13	Sambhar, utthapam, and coconut chutney collectively provide a well-rounded nutritional boost for kids. The sambhar is prepared from lentils and an array of vegetables, offers a rich source of protein, fiber, and essential vitamins, promoting overall growth and development. Idly, being a fermented rice and lentil pancake, adds easily digestible carbohydrates. Meanwhile, the coconut chutney not only enhances flavor but also contributes healthy fats and additional nutrients. This trio forms a nutritious combination that not only satiates young appetites but also supports the diverse nutritional needs crucial for a child & well-being.
03/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 banana	Calories:105 P:1.3 F:0.4 C:27	Bananas offer numerous health benefits due to their rich nutrient profile. They are high in potassium, which supports heart health and helps regulate blood pressure. Additionally, bananas contain fibre, which aids digestion and promotes a feeling of fullness, making them a great snack for weight management. They are also a good source of vitamins C and B6, which support immune function and brain health, respectively. Plus, bananas provide natural energy from carbohydrates, making them an excellent choice for a pre-workout or post-workout snack. Overall, incorporating bananas into your diet can contribute to overall health and well-being.
Lunch	Pulao with potato + curd + cucumber sticks	Calories:307 P:15 C:47 F:7	Pulao with curd presents a wholesome and nutritious meal for kids. The combination contributes to a well-rounded intake of essential nutrients, including fiber for healthy digestion and vitamins like A and C for immune support. Pairing it with curd not only introduces calcium for strong bones but also provides probiotics, fostering a healthy gut. Beyond the nutritional benefits, the mata pulao with curd offers a delightful mix of textures and flavours, making it a tasty and appealing option for children.
04/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Pineapple & coconut milk pina colada (or milk) / 1 apple	Calories:254 P:2 F:2 C:50	A pineapple and coconut milk pina colada without added sugar is a delightful and healthy treat for kids. Pineapples are packed with vitamin C, supporting immune function and skin health, while coconut milk provides healthy fats and electrolytes, aiding in hydration. This refreshing beverage is naturally sweetened by the pineapple, offering a tropical flavour without the need for refined sugars. Plus, it's a great way to sneak in extra vitamins and minerals into your child's diet while keeping them hydrated and satisfied.
Lunch	Beetroot pasta (Millet pasta)+ chickpea salad with lemon honey dressing	Calories: 309 P:13 F:9 C: 44	Beetroot millet pasta offers a nutritious twist to traditional pasta, packed with health benefits for kids. The addition of beetroot provides a vibrant colour and a dose of antioxidants, promoting overall immune health. Millets are rich in fibre, aiding digestion, and low glycaemic index, helping to regulate blood sugar levels. This wholesome dish is not only delicious but also contributes to their calcium, iron, and fibre needs for optimal growth and development.
05/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 Banana	Calories:105 P:1.3 F:0.1 C:27	Bananas offer numerous health benefits due to their rich nutrient profile. They are high in potassium, which supports heart health and helps regulate blood pressure. Additionally, bananas contain fibre, which aids digestion and promotes a feeling of fullness, making them a great snack for weight management. They are also a good source of vitamins C and B6, which support immune function and brain health, respectively. Plus, bananas provide natural energy from carbohydrates, making them an excellent choice for a pre-workout or post-workout snack. Overall, incorporating bananas into your diet can contribute to overall health and well-being.
Lunch	Pea carrot pulao with potato + Cucumber beetroot curd+ cucumber sticks	Calories:280 P:15 F:7 C:39	Pea carrot pulao with potatoes and curd offers a wholesome meal packed with nutritional benefits for kids. Carrots provide beta-carotene for eye health, while peas offer fibre and plant-based protein essential for digestion and muscle development. Potatoes contribute potassium for heart health and energy, while curd provides calcium and probiotics for strong bones and a healthy gut. This flavourful dish not only satisfies hunger but also supports overall growth and well-being in children. Rice is a good source of energy for kids due to its high carbohydrate content. It's easy to digest & also provides essential nutrients like vitamins, minerals, and dietary fibre important for their growth and development.
06/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana chocolate milkshake	Calories:198 P:6 F:2 C:38	Banana cocoa milkshake without added sugar is a nutritious treat for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while cocoa powder provides antioxidants that support brain health. The absence of added sugar helps regulate blood sugar levels and reduces the risk of dental issues. This delicious shake offers a natural sweetness and a dose of essential nutrients, making it a guilt-free and energising snack for children.
Lunch	Paneer ragi wrap	Calories:334 P:19 F:17 C:27	This paneer ragi wrap with veggies is a nutritious meal option for kids, offering a range of health benefits. Paneer provides protein and calcium, essential for growing bones and muscles. Ragi flour adds fibre, aiding digestion and promoting a feeling of fullness. The inclusion of colourful veggies boosts vitamins, minerals, and antioxidants, supporting overall immunity and well-being. This tasty wrap is not only satisfying but also contributes to their nutritional needs for optimal growth and development.



WEEKLY MEAL PLANNER

WEEK: 24

09/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Pineapple & coconut milk pina colada (or milk) / 1 apple	Calories:254 P:2 F:2 C:50	A pineapple and coconut milk pina colada without added sugar is a delightful and healthy treat for kids. Pineapples are packed with vitamin C, supporting immune function and skin health, while coconut milk provides healthy fats and electrolytes, aiding in hydration. This refreshing beverage is naturally sweetened by the pineapple, offering a tropical flavor without the need for refined sugars. Plus, it's a great way to sneak in extra vitamins and minerals into your child's diet while keeping them hydrated and satisfied.
Lunch	Whole wheat bun, sweet potato tikki + healthy chickpea coleslaw + cucumber sticks	Calories: 320 P:13 F:10 C: 45	Whole wheat bun and sweet potato tikki paired with chickpea salad is a wholesome and nutritious meal for kids. Sweet potatoes are rich in vitamins A and C, promoting immune health and vision, while whole wheat provides fibre for digestion and sustained energy. The chickpea salad offers plant-based protein, essential for muscle growth and repair, along with additional fibre and minerals. Together, this combination provides a balance of carbohydrates, protein, and vitamins, supporting overall health and well-being in children.
10/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Potato chaat with curd, chutney & anaar	Calories:183 P:7 F:8 C:22	Non-fried potato curd and pomegranate (anaar) chaat is a healthy and flavorful snack for kids with numerous benefits. Potatoes provide energy-boosting carbohydrates, while the curd offers calcium for strong bones and probiotics for gut health. Pomegranate seeds are rich in antioxidants, which support immune function and heart health. Additionally, this snack is low in unhealthy fats and sugars, making it a nutritious option that satisfies hunger while providing essential nutrients for growing kids.
Lunch	Rajma + rice + curd + beetroot & cucumber sticks	Calories:350 P:17 F:8 C:50	Rajma rice paired with curd and cucumber beetroot sticks offers a well-rounded meal with several health benefits for kids. Rajma (kidney beans) is rich in protein and fibre, promoting muscle growth and aiding digestion. The combination of rice and beans provides a complete source of essential amino acids for optimal growth and development. Curd provides calcium and probiotics for bone health and gut function, while cucumber and beetroot sticks offer hydration, vitamins, and antioxidants, supporting overall immunity and well-being in children.
11/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake made without added sugar offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing vitamins and minerals like vitamin C and B6. The natural sweetness of bananas eliminates the need for additional sugars, making it a healthier option. This shake is not only delicious but also provides energy and essential nutrients for growing children, making it a nutritious and satisfying snack or meal addition.
Lunch	Curd burani (brinjal raita) + Roti + Mix vegetable sabzi	Calories:295 P:8 F:14 C:35	Curd burani with chapati and mixed vegetables is a wholesome and nutritious meal for kids. The curd offers calcium and probiotics, promoting strong bones and a healthy gut. Chapati provides fibre and vitamins, while mixed vegetables offer a variety of nutrients such as vitamins, minerals, and antioxidants, supporting overall immunity and growth in children. This balanced combination of ingredients ensures a nourishing and delicious meal for young ones.
12/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Coconut water	Calories:46 P:1 C:8.9 F:0	good balance of carbohydrates and fiber for sustained energy. Ghee adds healthy fats essential for development, and curd brings in calcium and probiotics, supporting bone health and digestion. Including carrot sticks not only enhances the meal's texture but also introduces vitamins and antioxidants vital for their growth and immune system. This combination caters to the palates of young children while ensuring a diverse intake of nutrients necessary for their overall health.
Lunch	Shahi paneer (healthy version) + roti + cucumber sticks	Calories:285 P:16 F:13 C:26	Shahi paneer made without cream and served with roti offers a nutritious meal option for kids. Paneer is a good source of protein and calcium, essential for growing bones and muscles. Roti provides complex carbohydrates for sustained energy, while the absence of cream reduces saturated fat intake. This balanced meal supports growth and development while being
13/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Grapes + 3 almonds (optional)	Calories:95 C:10 P:2 F:5	Grapes and almonds make a nutritious combo for kids. Grapes provide vitamins, antioxidants, and natural sugars for energy, while almonds offer healthy fats, protein, and essential minerals. This snack supports overall growth, boosts brain function, and provides sustained energy, making it a well-rounded and wholesome choice for kids' health. Remember to serve grapes cut to prevent choking hazards in younger children.
Lunch	Sandwich with potato dal cutlet + mint chutney with hung curd (dip) + salad (chopped cucumber, onion, tomato with curd dressing)	Calories:312 P:15 F:8 C:45	Dal potato whole wheat sandwich offers a nutritious and filling meal option for kids. The combination of dal (lentils) and potatoes provides a good balance of protein, complex carbohydrates, and essential vitamins and minerals. Lentils are rich in fibre, aiding digestion and promoting satiety, while potatoes offer potassium and vitamin C. This sandwich provides sustained energy and supports overall growth and development in children, making it a healthy and satisfying choice for a meal or snack.



WEEKLY MEAL PLANNER

WEEK: 25

16/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana OR apple juice with little beetroot & carrot mixed	Calories: 116 C: 27 P: 1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Pepper paneer with rice & vegetable bowl + cucumber sticks	Calories:315 P:13 F:10 C:43	Pepper paneer served with rice and vegetables offers a nutritious and balanced meal for kids. Paneer is a good source of protein and calcium, essential for muscle growth and bone development. Peppers provide vitamins A and C, supporting immune function and vision health. Combined with rice and vegetables, this dish provides a variety of nutrients, fibre, and energy, promoting overall health and well-being in children.
17/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana	Calories:105 P: 1.3 F: 0.4 C: 27	Bananas offer numerous health benefits due to their rich nutrient profile. They are high in potassium, which supports heart health and helps regulate blood pressure. Additionally, bananas contain fibre, which aids digestion and promotes a feeling of fullness, making them a great snack for weight management. They are also a good source of vitamins C and B6, which support immune function and brain health, respectively. Plus, bananas provide natural energy from carbohydrates, making them an excellent choice for a pre-workout or post-workout snack. Overall, incorporating bananas into your diet can contribute to overall health and well-being.
Lunch	Idli + sambhar + coconut chutney + cucumber sticks & beetroot sticks	Calories:300 P:9 F:13 C:37	Idli served with sambhar and coconut chutney offers a well-rounded and nutritious meal for kids. Idli, made from fermented rice and lentil batter, provides easily digestible carbohydrates and protein. Sambhar, a lentil-based stew with vegetables, offers additional protein, fibre, and essential vitamins and minerals. Coconut chutney provides healthy fats and antioxidants, supporting overall immunity and brain health in children. This traditional South Indian meal is not only delicious but also provides a balanced
18/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with carrot sticks / cucumber sticks	Calories: 203 C:20 P:6 F:11	Homemade hummus paired with cucumber and carrot sticks is a nutritious snack for preschoolers. The chickpeas in hummus provide protein and fiber, supporting growth and digestion. Cucumber and carrots add vitamins and crunch, enhancing the overall nutritional value. This combo offers a tasty way for kids to enjoy vegetables while promoting a balanced and wholesome diet.
Lunch	Healthy burger with black channa & potato tikki + beetroot & cucumber stick	Calories:303 P:12 F:6 C:51	A healthy burger made with black channa potato tikki offers several health benefits for kids. Black channa (black chickpeas) is rich in protein and fibre, promoting muscle growth, digestion, and satiety. Potatoes provide carbohydrates for energy and are a good source of vitamins and minerals. By using whole wheat buns and adding plenty of veggies, this burger becomes a nutritious and satisfying meal
19/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Fruit salad - papaya + chickoo + anaar	Calories:134 C:28 P: 2 F:2	Fruit salad combining pomegranate, papaya, and chickoo (sapodilla) offers a delightful mix of flavors and health benefits. Pomegranate adds antioxidants, papaya contributes digestive enzymes and vitamins, while chickoo provides natural sweetness, fiber, and essential nutrients. This colorful and diverse fruit salad not only satisfies the taste buds but also supports overall health, making it a nutritious choice for kids and adults alike.
Lunch	Aloo gobhi sabzi with roti + curd + cucumber sticks	Calories: 240 P:10 F:9 C:31	Aloo gobhi served with roti and curd offers a nutritious meal for kids. Potatoes are rich in carbohydrates for energy, while cauliflower provides vitamins C and K, supporting immune function and bone health. Roti adds fibre and essential nutrients, aiding digestion and providing sustained energy. Curd provides calcium and probiotics, promoting strong bones and a healthy gut. Together, this meal offers a balance of carbohydrates, protein, and vitamins, supporting overall health and growth in children.
20/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake made without added sugar offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing vitamins and minerals like vitamin C and B6. The natural sweetness of bananas eliminates the need for additional sugars, making it a healthier option. This shake is not only delicious but also provides energy and essential nutrients for growing children, making it a nutritious and satisfying snack or meal addition.
Lunch	Red sauce pasta + chickpea salad	Calories:256 P:12 F:3 C:47	Red sauce healthy millet pasta paired with chickpea salad offers a nourishing meal for kids. Millet pasta provides complex carbohydrates and fibre, promoting sustained energy and digestive health. The red sauce, made from tomatoes, is rich in lycopene and vitamins, supporting heart health and immunity. Chickpea salad adds plant-based protein, fibre, and essential nutrients, aiding muscle development and overall growth. Together, this combination provides a balanced meal that supports optimal nutrition and well-being in children.



WEEKLY MEAL PLANNER

WEEK: 26

23/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Potato chaat with curd, chutney & anaar	Calories:183 P:7 F:8 C:22	Non-fried potato curd and pomegranate (anaar) chaat is a healthy and flavorful snack for kids with numerous benefits. Potatoes provide energy-boosting carbohydrates, while the curd offers calcium for strong bones and probiotics for gut health. Pomegranate seeds are rich in antioxidants, which support immune function and heart health. Additionally, this snack is low in unhealthy fats and sugars, making it a nutritious option that satisfies hunger while providing essential nutrients for growing kids.
Lunch	Black dal + rice/ roti + cucumber sticks & 2 cherry tomatoes + curd	Calories:320 P:12 F:8 C:50	Black dal served with ghee roti, curd, cherry tomatoes, and cucumber sticks offers a well-rounded and nutritious meal for kids. Black dal is rich in protein, fibre, and essential nutrients, supporting muscle growth, digestion, and overall health. Ghee roti provides carbohydrates for energy, while the addition of ghee adds healthy fats and vitamins. Curd offers calcium and probiotics for strong bones and a healthy gut, while cherry tomatoes and cucumber sticks provide hydration, vitamins, and antioxidants. Together, this meal provides a balanced combination of nutrients that support optimal growth, development, and well-being in children.
24/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with carrot sticks / cucumber sticks	Calories: 203 C:20 P:6 F:11	Homemade hummus paired with cucumber and carrot sticks is a nutritious snack for preschoolers. The chickpeas in hummus provide protein and fiber, supporting growth and digestion. Cucumber and carrots add vitamins and crunch, enhancing the overall nutritional value. This combo offers a tasty way for kids to enjoy vegetables while promoting a balanced and wholesome diet.
Lunch	Kadhi with veggies + jeera rice +cucumber sticks/ okra sabzi	Calories:300 P:14 F:8 C:43	Kadhi chawal with cucumber sticks offers a balanced and nutritious meal for kids. The yoghurt-based kadhi provides probiotics for a healthy gut and is rich in protein, essential for growth and development. Cucumber sticks offer hydration and are low in calories, while also providing vitamins and minerals such as vitamin K and potassium. Together, this meal supports digestion, hydration, and overall well-being in children
25/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Pineapple & coconut milk pina colada (or milk) / 1 apple	Calories:254 P:2 F:2 C:50	A pineapple and coconut milk pina colada without added sugar is a delightful and healthy treat for kids. Pineapples are packed with vitamin C, supporting immune function and skin health, while coconut milk provides healthy fats and electrolytes, aiding in hydration. This refreshing beverage is naturally sweetened by the pineapple, offering a tropical flavour without the need for refined sugars. Plus, it's a great way to sneak in extra vitamins and minerals into your child's diet while keeping them hydrated and satisfied.
Lunch	Shahi paneer (healthy version) + roti +cucumber sticks	Calories:285 P:16 F:13 C:26	Shahi paneer made without cream and served with roti offers a nutritious meal option for kids. Paneer is a good source of protein and calcium, essential for growing bones and muscles. Roti provides complex carbohydrates for sustained energy, while the absence of cream reduces saturated fat intake. This balanced meal supports growth and development while being lighter on the stomach, making it a healthier choice for kids.
26/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with cucumber sticks / 1 apple	Calories:154 P:9 F:8 C:12	Hummus served with cucumber sticks offers a nutritious and tasty snack for kids. Hummus, made from chickpeas, provides plant-based protein, fibre, and essential vitamins and minerals, supporting muscle growth and overall health. Cucumber sticks are hydrating and low in calories, while also providing vitamins and antioxidants that promote skin health and immunity. This combination makes for a satisfying and balanced snack that fuels energy and provides essential nutrients for growing children.
Lunch	Rajma + rice + curd + beetroot & cucumber sticks	Calories:303 P:12 F:6 C:51	Rajma rice paired with curd and cucumber beetroot sticks offers a well-rounded meal with several health benefits for kids. Rajma (kidney beans) is rich in protein and fibre, promoting muscle growth and aiding digestion. The combination of rice and beans provides a complete source of essential amino acids for optimal growth and development. Curd provides calcium and probiotics for bone health and gut function, while cucumber and beetroot sticks offer hydration, vitamins, and antioxidants, supporting overall immunity and well-being in children.
27/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake made without added sugar offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing vitamins and minerals like vitamin C and B6. The natural sweetness of bananas eliminates the need for additional sugars, making it a healthier option. This shake is not only delicious but also provides energy and essential nutrients for growing children, making it a nutritious and satisfying snack or meal addition.
Lunch	Beetroot pasta (Millet pasta) + chickpea salad with lemon honey dressing	Calories: 309 P:13 F:9 C:44	Beetroot millet pasta offers a nutritious twist to traditional pasta, packed with health benefits for kids. The addition of beetroot provides a vibrant colour and a dose of antioxidants, promoting overall immune health. Millets are rich in fibre, aiding digestion, and low glycaemic index, helping to regulate blood sugar levels. This wholesome dish is not only delicious but also contributes to their calcium, iron, and fibre needs for optimal growth and development.



WEEKLY MEAL PLANNER

WEEK: 27

30/09/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with carrot sticks / cucumber sticks	Calories:203 P:6 C:20 F:11	Homemade hummus paired with cucumber and carrot sticks is a nutritious snack for preschoolers. The chickpeas in hummus provide protein and fiber, supporting growth and digestion. Cucumber and carrots add vitamins and crunch, enhancing the overall nutritional value. This combo offers a tasty way for kids to enjoy vegetables while promoting a balanced and wholesome diet.
Lunch	idly + sambhar + coconut chutney + cucumber sticks + 1-2 beetroot sticks	Calories:300 P:9 C:36 Fats:13s	Sambhar, idly, and coconut chutney collectively provide a well-rounded nutritional boost for kids. The sambhar is prepared from lentils and an array of vegetables, offers a rich source of protein, fiber, and essential vitamins, promoting overall growth and development. Idly, being a fermented rice and lentil cake, adds easily digestible carbohydrates. Meanwhile, the coconut chutney not only enhances flavor but also contributes healthy fats and additional nutrients.

Note: The food item is subject to change depending on its availability in the market and the seasonal advantages.