



WEEKLY MEAL PLANNER

WEEK: 28

01/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Pear slices	Calories: 210 P: 4 C: 28 F: 12	Pears are a good source of fibre and vitamin C.
Lunch	Vegetable Sooji Chilla	Calories:200, P:6, F:6, C:30	Sooji provide fibre and sustained energy, while vegetables add essential vitamins and minerals, promoting overall health

02/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Orange	Calories:102, P:0.6, F:0.2, C:27	Oranges are rich in fiber, vitamins C and A, supporting digestion, immunity, and skin health, while antioxidants help reduce the risk of chronic diseases.
Lunch	Aloo Gobhi (Potato and Cauliflower Curry) + Chapati	Calories:260, P:8, F:10, C:35	Aloo Gobhi is a flavourful and nutritious curry made from potatoes and cauliflower. Potatoes provide carbohydrates for energy, while cauliflower is rich in vitamins C and K, as well as fibre. This combination offers a balanced meal that supports growth and development.

03/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana and oatmeal cookies	Calories:180 P: 4 C: 30 F: 6	Bananas are rich in potassium, and oatmeal offers fibre and slow-releasing carbohydrates, making these cookies a healthy snack.
Lunch	Mixed Vegetable Paratha + Yogurt	Calories:300, P:10, F:12, C:40	Paratha made with whole wheat flour and mixed vegetables provides fibre, vitamins, and minerals. Yogurt adds protein and probiotics, aiding digestion and overall gut health.

04/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Chana Salad	Calories:160 P: 3 C: 18 F: 8	Chanas are high in protein and the vegetables are rich in vitamin C and fibre that provides healthy nutrients.
Lunch	Mixed vegetable and lentil curry with Rice	Calories:480 P: 18 C: 65 F: 14	Lentils are a great source of plant-based protein, and mixed vegetables add essential vitamins and minerals. Rice provides carbohydrates and is high in fibre.

07/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Apple slices with Nutella	Calories: 200 P: 4 C: 26 F: 10	Apples provide fibre and vitamins making this a balanced and tasty snack.
Lunch	Paneer rice + curd + cucumber & 2 beetroot sticks	Calories: 436 - P:20, C:46, F:19	Paneer offers protein and calcium for muscle and bone health, while rice provides energy-rich carbs. Adding curd supplies probiotics for digestion and extra calcium. This balanced meal supports children's growth and overall well-being.



WEEKLY MEAL PLANNER

WEEK: 29

08/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot sticks	Calories: 150 P: 3 C: 18 F: 8	Carrot sticks are high in beta-carotene and fibre.
Lunch	Spinach and cheese stuffed whole wheat paratha with raita	Calories: 400 P: 15 C: 50 F: 15	Spinach is rich in iron and vitamins, and the cheese adds protein. Whole wheat paratha provides complex carbs, and raita made from yogurt adds probiotics.

09/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole apple	Calories: 203 C:20 P:6 F:11	Apples are a nutritious fruit for kids, high in fiber for digestion, vitamins C and A for immunity and vision, and antioxidants that support 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 offers protein, iron, and fiber for growth and energy, while the curd chutney adds calcium and probiotics for bone health and digestion. This balanced, kid-friendly meal promotes healthy eating habits and overall well-being.

10/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot sticks / cucumber sticks	Calories: 203 C:20 P:6 F:11	Carrot sticks and cucumber sticks are low-calorie, nutrient-dense snacks rich in fibre, vitamins (like A and C), and antioxidants, supporting vision, hydration, and immune health.
Lunch	Lentil soup with whole grain bread	Calories: 380 P: 15 C: 50 F: 12	Lentils are packed with protein and fibre, while whole grain bread offers complex carbs. This combination is filling and nutritious.

11/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Apple	Calories:95, P:0.5, F:0.2, C:25	Apples are a nutritious fruit for kids, high in fiber for digestion, vitamins C and A for immunity and vision, and antioxidants that support overall well-being.
Lunch	Beetroot pasta (Millet pasta) + chickpea salad	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 glycemic 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.

14/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Orange	Calories:62, P:1.2, F:0.2, C:15	Oranges are an excellent source of vitamin C, which supports immune function and skin health. They are also rich in dietary fibre, which aids digestion and promotes a healthy gut. The antioxidants present in oranges may help reduce the risk of chronic diseases and enhance overall well-being.
Lunch	Carrot and Peas Pulao + Cucumber Raita	Calories:280, P:8, F:6, C:45	Carrot and Peas Pulao is a flavourful and nutritious dish. Carrots are rich in beta-carotene, which supports vision and immune health. Peas provide protein, fibre, and vitamins, promoting overall growth and development. Cucumber raita adds probiotics, aiding digestion and enhancing gut health.



WEEKLY MEAL PLANNER

WEEK: 30

15/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Banana	Calories:105 P: 1.3 F: 0.4 C: 27	Bananas are nutrient-rich, offering potassium for heart health, fiber for digestion, and vitamins C and B6 for immunity and brain support. They provide natural energy, making them an excellent snack for overall well-being.
Lunch	Rajma (Kidney Bean) Curry + Brown Rice	Calories:320, P:12, F:8, C:50	Rajma Curry with Brown Rice is a wholesome and balanced meal. Rajma (kidney beans) are an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium. Brown rice adds complex carbohydrates and additional fibre, promoting sustained energy and digestive health.

16/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Roasted Peanuts/ Almonds	Calories:170, P:7, F:14, C:6	Roasted peanuts are rich in protein, healthy fats, fiber, and vitamins like E, magnesium, and phosphorus, supporting bone health, muscle function, and overall growth in kids.
Lunch	Sooji Upma a with Vegetables	Calories:303 P:12 F:6 C:51	Vegetable Sooji Upma is a nutritious and filling option. Sooji is rich in fibre, which aids digestion and provides sustained energy. Adding vegetables increases the vitamin and mineral content, supporting overall health and development.

17/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Guava	Calories:68, P:1.4, F:1, C:14	Guavas are a nutrient-dense fruit, rich in vitamin C, which supports immune function. They also provide dietary fibre, aiding digestion, and promoting a healthy gut. The antioxidants present in guavas may help reduce the risk of chronic diseases and enhance overall well-being.
Lunch	Palak Paneer with Roti	Calories: 250, P:12, F:10, C:30	Palak Paneer combines iron, vitamins A and C from spinach with protein and calcium from paneer, supporting growth, immune function, and muscle and bone development in children.

18/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Pear	Calories:250 P:5 F:13 C:29	Pears are a nutritious fruit rich in dietary fibre, aiding digestion and promoting a healthy gut. They also contain vitamins C and K, contributing to immune function and bone health. The antioxidants present in pears may help reduce the risk of chronic diseases and enhance overall well-being.
Lunch	Aloo Gobhi Beans(Potato, Beans and Cauliflower Curry) + Chapati	Calories:260, P:8, F:10, C:35	Aloo Gobhi along with beans is a flavourful and nutritious curry made from potatoes and cauliflower. Potatoes provide carbohydrates for energy, while cauliflower is rich in vitamins C and K, as well as fibre. This combination offers a balanced meal that supports growth and development.

21/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Apple	Calories: 95 P:0.5 F:0.2 C:25	Apples are a nutritious fruit for kids, high in fiber for digestion, vitamins C and A for immunity and vision, and antioxidants that support 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 with whole wheat pao provides a nutrient-rich meal for preschoolers, packed with vitamins A and C for immunity and vision, fiber for digestion, and complex carbs for energy and growth.



WEEKLY MEAL PLANNER

WEEK: 31

22/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Orange	Calories:120, P:1, F:0.5, C:29	Oranges provide vitamin C, fibre, and antioxidants.
Lunch	Bhindi wrap 1/2 tsp ghee with 1 katori curd + cucumber sticks	Calories::300 C:41 P:13 F:10	A bhindi (okra) wrap with curd offers fiber, vitamins A and C for digestion and immunity, complex carbs for energy, and calcium and pro-biotics for bone and gut health, supporting overall growth and well-being in children.

23/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Tomato Soup	Calories:150, P:2, F:1, C:30	Tomato soup provides vitamins A and C, and lycopene, supporting immune health and digestion.
Lunch	Mixed Vegetable Paratha + Yogurt	Calories:300, P:10, F:12, C:40	Paratha made with whole wheat flour and mixed vegetables provides fibre, vitamins, and minerals. Yogurt adds protein and probiotics, aiding digestion and overall gut health.

24/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Banana	Calories::130, P:3, F:1, C:30	Bananas are rich in potassium and fibre, aiding digestion.
Lunch	Dal paratha with 1/2 tsp ghee + curd + cucumber and carrot sticks	Calories:334 P:15 C:41 F:13	Dal paratha with ghee and curd provides plant-based protein, complex carbs, healthy fats, calcium, and probiotics, supporting growth, energy, bone health, and digestion in preschool kids.

25/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Roasted Peanuts + Pumpkin Soup	Calories:160, P:8, F:10, C:18	Roasted peanuts are rich in protein, healthy fats, and fibre. Pumpkin soup provides vitamins A and C, potassium, and antioxidants, supporting immune function and digestion.
Lunch	Chana Masala (Chickpea Curry) + Roti	Calories: 300, P:12, F:8, C:42	Chana Masala is an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium, promoting growth and development.

28/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Almonds + Tomato Basil Soup	Calories:170, P:7, F:14, C:10	Almonds are rich in healthy fats, protein, and fibre. Tomato basil soup provides vitamins A and C, lycopene, and antioxidants, supporting immune function and overall health.
Lunch	Vegetable Pulao + Raita	Calories:200, P:6, F:6, C:30	Vegetable Pulao along with Raita provide fibre, protein and sustained energy, while vegetables add essential vitamins and minerals, promoting overall health.



WEEKLY MEAL PLANNER

WEEK: 32

29/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Beetroot Soup	Calories:140, P:3, F:1, C:32	Beetroot soup provides iron, folate, and antioxidants, supporting blood health and overall well-being.
Lunch	Moong Dal Pancakes	Calories:180, P:8, F:5, C:25	Moong dal provides protein, fibre, and essential nutrients, supporting muscle growth and digestion.

30/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Almonds + Tomato Basil Soup	Calories:170, P:7, F:14, C:10	Almonds are rich in healthy fats, protein, and fibre. Tomato basil soup provides vitamins A and C, lycopene, and antioxidants, supporting immune function and overall health.
Lunch	Palak Paneer + Roti	Calories:300, P:12, F:10, C:45	Palak Paneer provides protein, calcium, iron, and vitamins A and C, supporting bone health, muscle development, and overall growth.

31/10/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Sweet Corn Soup	Calories:150, P:4, F:2, C:28	Sweet corn soup provides fibre, vitamins, and minerals, supporting immune function and digestion.
Lunch	Vegetable Stuffed Paratha + Curd	Calories:300, P:9, F:10, C:45	Vegetable Stuffed Paratha with Curd is a balanced and nutritious meal. The paratha is filled with a variety of vegetables, providing fibre, vitamins, and minerals. Curd adds probiotics, aiding digestion and enhancing gut health. This combination supports overall growth and development.

01/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Banana	Calories:130, P:3, F:1, C:30	Bananas are rich in potassium and fibre, aiding digestion.
Lunch	Kadhi + jeera rice + cucumber sticks + bhindi sabzi	Calories:381 C:50 P:16 F:13	Kadhi, jeera rice, cucumber sticks, and bhindi sabzi make a balanced meal rich in protein, fiber, vitamins, and minerals, supporting immunity, digestion, and hydration.

04/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Lentil Soup	Calories:276 P:9 F:8 C:41	Lentil soup is rich in protein, fibre, iron, and folate, supporting muscle growth, digestion, and overall health. It also provides essential vitamins and minerals for optimal development.
Lunch	Pao bhaji- sandwich- whole wheat pao + 1/2 tsp ghee + cucumber & 2 beetroot sticks	Calories: 388 P:11 C:60 F:12	Pumpkin bhaji with whole wheat pao provides a nutrient-rich meal for preschoolers, packed with vitamins A and C for immunity and vision, fiber for digestion, and complex carbs for energy and growth.



WEEKLY MEAL PLANNER

WEEK: 33

05/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Soup	Calories:140, P:2, F:0.5, C:35	Carrot soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Bhindi wrap 1/2 tsp ghee with 1 katori curd + cucumber sticks	Calories:300 C:41 P:13 F:10	A bhindi (okra) wrap with curd offers fiber, vitamins A and C for digestion and immunity, complex carbs for energy, and calcium and probiotics for bone and gut health, supporting overall growth and well-being in children.

06/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Sweet Corn Soup	Calories:150, P:4, F:2, C:28	Sweet corn soup provides fibre, vitamins, and minerals, supporting immune function and digestion.
Lunch	Masala Dosa with Coconut Chutney	Calories:210, P:6, F:7, C:30	Masala Dosa provides carbohydrates, protein, and healthy fats. Coconut chutney adds healthy fats, fibre, and vitamins, promoting digestion and overall health.

07/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Spinach Soup	Calories:130, P:3, F:1, C:30	Spinach soup provides iron, vitamins A and C, and antioxidants, supporting overall health and development.
Lunch	Dal Paratha with 1/2 tsp ghee + curd + cucumber and carrot sticks	Calories:334 P:15 C:41 F:13	Dal paratha with ghee and curd provides plant-based protein, complex carbs, healthy fats, calcium, and probiotics, supporting growth, energy, bone health, and digestion in kids.

08/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Roasted Peanuts/ Almonds	Calories:170, P:7, F:14, C:6	Roasted peanuts and almonds are rich in protein, healthy fats, fiber, and essential vitamins and minerals like vitamin E, magnesium, and phosphorus, supporting bone health, muscle function, and overall growth in kids.
Lunch	Moong Dal Chilla	Calories:200, P:8, F:4, C:30	Moong dal chilla is rich in protein, fibre, and essential vitamins, supporting muscle growth and digestion.

11/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Orange	Calories: 62, P:1.2, F:0.2, C:15	Oranges are an excellent source of vitamin C, which supports immune function. They are also rich in dietary fibre, which aids digestion and promotes a healthy gut.
Lunch	Carrot and Peas Pulao + Cucumber Raita	Calories:280, P:8, F:6, C:45	Carrot and Peas Pulao is a flavourful and nutritious dish. Carrots are rich in beta-carotene, which supports vision and immune health. Peas provide protein, fibre, and vitamins, promoting overall growth and development. Cucumber raita adds probiotics, aiding digestion and enhancing gut health.



WEEKLY MEAL PLANNER

WEEK: 34

12/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Lentil Soup	Calories:150, P:8, F:4, C:20	Lentil soup is rich in protein, fibre, iron, and folate, supporting muscle growth, digestion, and overall health. It also provides essential vitamins and minerals for optimal development.
Lunch	Rajma (Kidney Bean) Curry + Brown Rice	Calories:320, P:12, F:8, C:50	Rajma Curry with Brown Rice is a wholesome and balanced meal. Rajma (kidney beans) are an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium. Brown rice adds complex carbohydrates and additional fibre, promoting sustained energy and digestive health.

13/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Roasted Peanuts/ Almonds	Calories:170, P:7, F:14, C:6	Roasted peanuts and almonds are rich in protein, healthy fats, fiber, and essential vitamins and minerals like vitamin E, magnesium, and phosphorus, supporting bone health, muscle function, and overall growth in kids.
Lunch	Sooji Chilla with Vegetables	Calories: :220, P:6, F:8, C:32	Vegetable Sooji Chilla is a nutritious and filling breakfast option. Sooji is rich in fibre, which aids digestion and provides sustained energy. Adding vegetables increases the vitamin and mineral content, supporting overall health and development.

14/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Whole Guava	Calories:68, P:1.4, F:1, C:14	Guavas are a nutrient-dense fruit, rich in vitamin C, which supports immune function. They also provide dietary fibre, aiding digestion, and promoting a healthy gut. The antioxidants present in guavas may help reduce the risk of chronic diseases and enhance overall well-being.
Lunch	Palak Paneer with Roti	Calories:250, P:12, F:10, C:30	Palak Paneer combines iron, vitamins A and C from spinach with protein and calcium from paneer, supporting growth, immune function, and muscle and bone development in children.

15/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Ginger Soup	Calories:120, P:1, F:0.5, C:29	Carrot ginger soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Aloo Gobhi (Potato and Cauliflower Curry) + Chapati	Calories:260, P:8, F:10, C:35	Aloo Gobhi is a flavourful and nutritious curry made from potatoes and cauliflower. Potatoes provide carbohydrates for energy, while cauliflower is rich in vitamins C and K, as well as fibre. This combination offers a balanced meal that supports growth and development.

18/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Lentil Soup	Calories: 95 P:0.5 F:0.2 C:25	Apples are a nutritious fruit for kids, high in fiber for digestion, vitamins C and A for immunity and vision, and antioxidants that support overall well-being.
Lunch	Pao bhaji- sandwich- whole wheat pao + 1/2 tsp ghee + cucumber & 2 beetroot sticks	Calories:388 P:11 C:60 F:12	Pumpkin bhaji with whole wheat pao provides a nutrient-rich meal for preschoolers, packed with vitamins A and C for immunity and vision, fiber for digestion, and complex carbs for energy and growth.



WEEKLY MEAL PLANNER

WEEK: 35

19/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Ginger Soup	Calories:120, P:1, F:0.5, C:29	Carrot ginger soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Bhindi wrap 1/2 tsp ghee with 1 Katori curd + cucumber sticks	Calories:300 C:41 P:13 F:10	A bhindi (okra) wrap with curd offers fiber, vitamins A and C for digestion and immunity, complex carbs for energy, and calcium and probiotics for bone and gut health, supporting overall growth and well-being in children.

20/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Tomato Soup	Calories:150, P:2, F:1, C:30	Tomato soup provides vitamins A and C, and lycopene, supporting immune health and digestion.
Lunch	Mixed Vegetable Paratha + Yogurt	Calories: :300, P:10, F:12, C:40	Paratha made with whole wheat flour and mixed vegetables provides fibre, vitamins, and minerals. Yogurt adds protein and probiotics, aiding digestion and overall gut health.

21/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Spinach Soup	Calories:130, P:3, F:1, C:30	Spinach soup provides iron, vitamins A and C, and antioxidants, supporting overall health and development.
Lunch	Dal paratha with 1/2 tsp ghee + curd + cucumber and carrot sticks	Calories:334 P:15 C:41 F:13	Dal paratha with ghee and curd provides plant-based protein, complex carbs, healthy fats, calcium, and probiotics, supporting growth, energy, bone health, and digestion in kids.

22/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Roasted Peanuts + Pumpkin Soup	Calories:160, P:8, F:10, C:18	Roasted peanuts are rich in protein, healthy fats, and fibre. Pumpkin soup provides vitamins A and C, potassium, and antioxidants, supporting immune function and digestion.
Lunch	Chana Masala (Chickpea Curry) + Roti	Calories:300, P:12, F:8, C:42	Chana Masala is an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium, promoting growth and development.

25/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Almonds + Tomato Basil Soup	Calories: 150, P:8, F:4, C:20	Almonds are rich in healthy fats, protein, and fibre. Tomato basil soup provides vitamins A and C, lycopene, and antioxidants, supporting immune function and overall health.
Lunch	Vegetable Pulao + Raita	Calories200, P:6, F:6,C:30	Vegetable Pulao provides fibre and sustained energy, while vegetables and Curd add essential vitamins and minerals, promoting overall health.



WEEKLY MEAL PLANNER

WEEK: 36

26/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Lentil Soup	Calories:150, P:8, F:4, C:20	Lentil soup is rich in protein, fibre, iron, and folate, supporting muscle growth, digestion, and overall health. It also provides essential vitamins and minerals for optimal development.
Lunch	Moong Dal Pancakes	Calories:180, P:8, F:5, C:25	Moong dal provides protein, fibre, and essential nutrients, supporting muscle growth and digestion.

27/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Almonds + Tomato Basil Soup	Calories:170, P:7, F:14, C:10	Almonds are rich in healthy fats, protein, and fibre. Tomato basil soup provides vitamins A and C, lycopene, and antioxidants, supporting immune function and overall health.
Lunch	Palak Paneer + Roti	Calories: 300, P:12, F:10, C:45	Palak Paneer provides protein, calcium, iron, and vitamins A and C, supporting bone health, muscle development, and overall growth.

28/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Sweet Corn Soup	Calories::150, P:4, F:2, C:28	Sweet corn soup provides fibre, vitamins, and minerals, supporting immune function and digestion.
Lunch	Vegetable Stuffed Paratha + Curd	Calories:300, P:9, F:10, C:45	Vegetable Stuffed Paratha with Curd is a balanced and nutritious meal. The paratha is filled with a variety of vegetables, providing fibre, vitamins, and minerals. Curd adds probiotics, aiding digestion and enhancing gut health. This combination supports overall growth and development.

29/11/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Spinach Soup	Calories:130, P:3, F:1, C:30	Spinach soup provides iron, vitamins A and C, and antioxidants, supporting overall health and development.
Lunch	Kadhi + jeera rice + cucumber sticks	Calories:381 C:50 P:16 F:13	Kadhi, jeera rice, cucumber sticks, and bhindi sabzi make a balanced meal rich in protein, fiber, vitamins, and minerals, supporting immunity, digestion, and hydration.



WEEKLY MEAL PLANNER

WEEK: 37

2/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Lentil Soup	Calories:150, P:8, F:4, C:20	Lentil soup is rich in protein, fibre, iron, and folate, supporting muscle growth, digestion, and overall health. It also provides essential vitamins and minerals for optimal development.
Lunch	Moong Dal Pancakes	Calories:180, P:8, F:5, C:25	Moong dal provides protein, fibre, and essential nutrients, supporting muscle growth and digestion.

3/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Roasted Peanuts + Pumpkin Soup	Calories:160, P:8, F:10, C:18	Roasted peanuts are rich in protein, healthy fats, and fibre. Pumpkin soup provides vitamins A and C, potassium, and antioxidants, supporting immune function and digestion.
Lunch	Gajar Matar (Carrot and Peas Curry) + Chapati	Calories: 300, P:10, F:8, C:45	Gajar Matar is rich in vitamins A and C, fibre, and plant-based protein. Chapati adds complex carbohydrates, providing sustained energy.

4/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Soup	Calories:140, P:2, F:0.5, C:35	Carrot soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Vegetable Biryani + Raita	Calories:320, P:9, F:12, C:50	Vegetable Biryani provides a balanced mix of carbohydrates, protein, fibre, and essential vitamins and minerals. Raita adds probiotics, aiding digestion and enhancing gut health.

5/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Spinach Soup	Calories:130, P:3, F:1, C:30	Spinach soup provides iron, vitamins A and C, and antioxidants, supporting overall health and development.
Lunch	Bajra Khichdi	Calories:200, P:6, F:4, C:34	Bajra (pearl millet) is rich in fibre, protein, and essential minerals like iron and magnesium, promoting overall health and growth.

6/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Ginger Soup	Calories:140, P:2, F:0.5, C:35	Carrot ginger soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Rajma (Kidney Bean Curry) + Rice	Calories:320, P:12, F:8, C:50	Rajma is an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium, promoting growth and development. Rice provides carbohydrates and energy to the body.



WEEKLY MEAL PLANNER

WEEK: 38

9/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Soup	Calories:140, P:2, F:0.5, C:35	Carrot soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Gajar Matar (Carrot and Peas Curry) + Chapati	Calories:300, P:10, F:8, C:45	Gajar Matar is rich in vitamins A and C, fibre, and plant-based protein. Chapati adds complex carbohydrates, providing sustained energy.

10/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Spinach Soup	Calories::130, P:3, F:1, C:30	Spinach soup provides iron, vitamins A and C, and antioxidants, supporting overall health and development.
Lunch	Vegetable Besan Chilla	Calories::200, P:6, F:6, C:30	Besan Chilla provides protein, fibre and sustained energy, while vegetables add essential vitamins and minerals, promoting overall health.

11/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Roasted Peanuts + Pumpkin Soup	Calories:160, P:8, F:10, C:18	Roasted peanuts are rich in protein, healthy fats, and fibre. Pumpkin soup provides vitamins A and C, potassium, and antioxidants, supporting immune function and digestion.
Lunch	Rajma (Kidney Bean Curry) + Rice	Calories:320, P:12, F:8, C:50	Rajma is an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium, promoting growth and development. Rice provides carbohydrates and energy to the body.

12/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Tomato Soup	Calories:160, P:3, F:1, C:35	Tomato soup offers vitamins A and C, and lycopene, supporting immune health and digestion.
Lunch	Bajra Khichdi	Calories:200, P:6, F:4, C:34	Bajra (pearl millet) is rich in fibre, protein, and essential minerals like iron and magnesium, promoting overall health and growth.

13/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Ginger Soup	Calories: 140, P:2, F:0.5, C:35	Carrot ginger soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Mixed Vegetable Paratha + Yogurt	Calories:300, P:10, F:12, C:40	Paratha made with whole wheat flour and mixed vegetables provides fibre, vitamins, and minerals. Yogurt adds protein and probiotics, aiding digestion and overall gut health.



WEEKLY MEAL PLANNER

WEEK: 39

16/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Lentil Soup	Calories:150, P:8, F:4, C:20	Lentil soup is rich in protein, fibre, iron, and folate, supporting muscle growth, digestion, and overall health. It also provides essential vitamins and minerals for optimal development.
Lunch	Bhindi (Okra) Masala + Chapati	Calories:280, P:9, F:10, C:40	Bhindi is rich in dietary fibre, vitamins, and minerals, promoting digestion and overall health. Chapati adds complex carbohydrates, providing sustained energy.

17/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Tomato Soup	Calories:160, P:3, F:1, C:35	Tomato soup offers vitamins A and C, and lycopene, supporting immune health and digestion.
Lunch	Gajar Matar (Carrot and Peas Curry) + Chapati	Calories: 300, P:12, F:10, C:45	Gajar Matar is rich in vitamins A and C, fibre, and plant-based protein. Chapati adds complex carbohydrates, providing sustained energy.

18/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Sweet Corn Soup	Calories:160, P:4, F:2, C:30	Sweet corn soup provides fibre, vitamins, and minerals, supporting immune function and digestion.
Lunch	Chana Masala (Chickpea Curry) + Rice	Calories:320, P:12, F:8, C:45	Chana Masala is an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium, promoting growth and development. Rice provides complex carbs and sustained energy.

19/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Lentil and Vegetable Soup	Calories:190, P:9, F:3, C:30	Lentils are high in protein, iron, and dietary fibre. Vegetables provide vitamins A, C, and K, and antioxidants. Olive oil contains healthy fats.
Lunch	Vegetable Semolina Upma	Calories:200, P:6, F:6, C:30	Semolina provides fibre and sustained energy, while vegetables add essential vitamins and minerals, promoting overall health.

20/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Spinach Soup	Calories: 160, P:4, F:2, C:30	Spinach soup provides iron, vitamins A and C, and antioxidants, supporting overall health and development.
Lunch	Rajma (Kidney Bean Curry) + Rice	Calories:320, P:9, F:12, C:50	Rajma is an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium, promoting growth and development. Rice provides carbohydrates and energy to the body.



WEEKLY MEAL PLANNER

WEEK: 40

23/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Sweet Corn Soup	Calories:160, P:4, F:2, C:30	Sweet corn soup provides fibre, vitamins, and minerals, supporting immune function and digestion.
Lunch	Vegetable Biryani + Raita	Calories:320, P:9, F:12, C:50	Vegetable Biryani provides a balanced mix of carbohydrates, protein, fibre, and essential vitamins and minerals. Raita adds probiotics, aiding digestion and enhancing gut health.

24/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Handful of Almonds + Tomato Basil Soup	Calories:170, P:7, F:14, C:10	Almonds are rich in healthy fats, protein, and fibre. Tomato basil soup provides vitamins A and C, lycopene, and antioxidants, supporting immune function and overall health.
Lunch	Masala Dosa with Coconut Chutney	Calories:210, P:6, F:7, C:30	Masala Dosa provides carbohydrates, protein, and healthy fats. Coconut chutney adds healthy fats, fibre, and vitamins, promoting digestion and overall health.

25/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Carrot Ginger Soup	Calories:140, P:2, F:0.5, C:35	Carrot ginger soup adds vitamins A and C, supporting immune function and digestion.
Lunch	Methi Paratha	Calories:220, P:7, F:8, C:35	Methi (fenugreek) is rich in iron, vitamins, and fibre, promoting digestion and overall health. Wheat will provide complex carbs and sustained energy.

26/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Tomato Soup	Calories:160, P:3, F:1, C:35	Tomato soup offers vitamins A and C, and lycopene, supporting immune health and digestion.
Lunch	Rajma (Kidney Bean Curry) + Rice	Calories:320, P:12, F:8, C:50	Rajma is an excellent source of plant-based protein, fibre, and essential nutrients like iron and potassium, promoting growth and development. Rice provides carbohydrates and energy to the body.

27/12/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Sweet Corn Soup	Calories: 160, P:8, F:10, C:18	Roasted peanuts are rich in protein, healthy fats, and fibre. Pumpkin soup provides vitamins A and C, potassium, and antioxidants, supporting immune function and digestion.
Lunch	Gajar Matar (Carrot and Peas Curry) + Chapati	Calories:300, P:10, F:8, C:45	Gajar Matar is rich in vitamins A and C, fibre, and plant-based protein. Chapati adds complex carbohydrates, providing sustained energy.

winter break	winter break	winter break	winter break
--------------	--------------	--------------	--------------