

**JINGLE BELL SCHOOL
FOOD MENU
October,18**

5th to 6th

- Friday - Rawa cheela with some nuts(dried fruits)**
Saturday - Brinjal / Mix vegetable with chapati along with cucumber

8th to 12th

- Monday - Paneer parantha with sweets**
Tuesday - Idli /dosa with chutney
Wednesday - Aloo stuffed parantha
Thursday - Green vegetable and chapati along with cucumber
Friday - Peas vegetable with parantha

15th to 16th

- Monday - Bottle gourd vegetable and chapati**
Tuesday - Moong / Dal parantha / vegetable uttapam

22nd to 31st

- Monday - Palak paneer with parantha**
Tuesday - Black grams and parantha
Wednesday - Colocasia (arbi) / Green vegetable and parantha
Thursday - Lady finger with chapati along with cucumber
Friday - Brinjal / Mix vegetable with chapati
Saturday - Stuffed parantha with sweets

- ❖ Try to prepare your food in desi ghee or mustard oil
- ❖ Homemade sweets are preferable
- ❖ Have a glass of milk with some nuts before coming to school