

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

**1<sup>st</sup> to 7<sup>th</sup>**

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

**10<sup>th</sup> to 15<sup>th</sup>**

- Monday - Paneer parantha with sweets**
- Tuesday - Green vegetable and chapati along with carrot**
- Wednesday - Cauliflower vegetable with parantha**
- Thursday - Green vegetable and chapati along with carrot**
- Friday - Mix vegetable with parantha**
- Saturday - Green parantha with sweets**

**17<sup>th</sup> to 21<sup>st</sup>**

- Monday - Palak paneer with chapati**
- Tuesday - Black grams and parantha**
- Wednesday - Green vegetable and parantha**
- Thursday - Lady finger with chapati along with carrot**
- Friday - Brinjal / Mix vegetable with chapati**

**24<sup>th</sup> to 31<sup>st</sup>**

- Monday - Mix vegetable with parantha**
- Tuesday - Black grams and chapati**
- Wednesday - Green vegetable and parantha**
- Thursday - Lady finger with chapati along with carrot**
- Friday - Brinjal / Mix vegetable with chapatti**
- Saturday - Green 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