

**JINGLE BELL SCHOOL  
FOOD MENU  
MARCH,19**

**5<sup>th</sup> to 8<sup>th</sup>**

**Tuesday - Green vegetable and chapati**

**Wednesday - Aloo dum and parantha**

**Thursday - Mix vegetable and chapati**

**Friday - Green parantha with one sweet**

**11<sup>th</sup> to 16<sup>th</sup>**

**Monday - Beans vegetable with chapati**

**Tuesday - Peas parantha with one sweet**

**Wednesday - Idli and chutney / sandwich**

**Thursday - Green parantha with carrot halwa**

**Friday - Mix vegetable with chapati**

**Saturday - Fenugreek parantha with one sweet**

**18<sup>th</sup> 19<sup>th</sup> and 23<sup>rd</sup>**

**Monday - Radish parantha with one sweet**

**Tuesday - Semolina Uttapam**

**Saturday - Green vegetable and chapati**

**25<sup>th</sup> to 30<sup>th</sup>**

**Monday - Green parantha with one sweet**

**Tuesday - Beans vegetable with chapati**

**Wednesday - Aloo stuffed parantha**

**Thursday - Palak paneer with chapati**

**Friday - Green vegetable and chapati**

**Saturday - Soya methi parantha with one sweet**

- ❖ 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