

नाश्ता

Menu for Primary (2018-19)

	Week 1	Week 2	Week3	Week 4	Week 5
Monday	Sandwich (filling of your choice) and a seasonal fruit	Pancakes with maple syrup/ honey/Nutella and a banana	Parantha (filing of your choice) and a seasonal fruit	Jam / Cheese Sandwich and a banana	Menu of your choice
Tuesday	Aloo parantha and an apple	Sprout salad and cookies	Besan Chilla / Bread pakora and an apple	Menu of your choice	Chana chaat-kabuli/black chana and Halwa
Wednesday	Besan Chilla and a banana	Jam/ cheese sandwich and a banana	Menu of your choice	Idli with Chutney and an apple	French Toast (Besan or Egg) and a banana
Thursday	Potato rolls and shelled pomegranate	Menu of your choice	Mini Uttapam/ mini pizza and a banana	Mini burger and a seasonal fruit	Veg Cutlets and a seasonal fruit
Friday	Menu of your choice	Idli with chutney and a seasonal fruit	Whole wheat pasta with a seasonal fruit	Poha with peas and carrot + a seasonal fruit	Noodles/ vermicelli with vegetables and a seasonal fruit

