



GREENWOOD PUBLIC SCHOOL ADITYAPURAM, GWALIOR
OUR MOTTO-DEVELOPMENT WITH DELIGHT
MENU CHART FOR APRIL 2014



Monday	Upma ,Fruit Salad	or	Moong Dal ka Cheela
Tuesday	Parathan with Bhindi Walnuts/cut apple		Chole/Chana Masala with puri
	or		
Wednesday	Dhokla/Idli ,grapes/Banana	or	Beetroot Parathan with curd
Thursday	Rajma Chawal/Any fruit	or	Palak Paneer/Stuffed Parathan
Friday	Poha /any fruit	or	Sprouted chana/Mix Chat
Saturday	Sandwich(Plain/Cheese),Grapes	or	Cookies , Aloo Stuffed Parathan

एक हेल्थी स्नैक हेल्थी



Star Fruit, also known as Carambola.



Top Tips for a healthy lunch box

1. Always include fresh fruits and vegetables.
2. Offer variety in the tiffin.
3. Ensure that the food has enough amount of proteins and vitamins.
4. Put salad or sandwich filled with carrot, spinach, tomatoes and cucumber.
5. Freeze fruits in summer before popping it in the tiffin.



Health and Wellness Dept.