

MEAL PLANNER

MONTH: SEPTEMBER

YEAR: 2026-27

SUN	MON	TUE	WED	THU	FRI	SAT
		01 Sandwich + Juice	02 Moong Dal + Chapati	03 Rajma + Rice	04 JANMASHTAMI (HOLIDAY)	05 TEACHER'S DAY (HOLIDAY)
06	07 Mix veg.+ Chapati + Curd	08 Vermicilli + Juice	09 Channa Dal + Chapati	10 Kadhi pakora + Rice	11 Paneer bhurzi + Chapati	12
13	14 Baingan bharta+ Chapati	15 Chhole Chawal	16 Aloo ghobhi + Chapati + Curd	17 Aloo Puri	18 Jeans Aloo +Chapati + Raita	19
20	21 Aloo Prantha	22 Veg Burger + Juice	23 SHAHIDI DIWAS Holiday	24 Daal Chawal	25 Ghiya +Chapati	26
27	28 Onion Prantha + Curd	29 Khichadi + Curd	30 Favourite food			

"Strong Inside.
Shine Outside!"

ALL CHILDREN SHOULD HAVE THE
BASIC NUTRITION THEY NEED TO
LEARN AND GROW AND TO
PURSUE THEIR DREAMS, BECAUSE,
IN THE END, NOTHING IS MORE
IMPORTANT THAN THE HEALTH
AND WELL-BEING OF OUR
CHILDREN.