



Dear Parents,

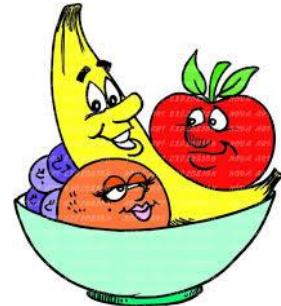
We at Bhartiyam give utmost importance to healthy food that provides nutritional balance to children. You are requested to follow the in house menu mentioned below.







### FOOD MENU

All the parents are requested to send two Tiffin box with their wards. There will be two breaks in a day namely: Short Fruit break and Lunch break.

For Fruit box kindly send sliced /chopped fruit of your wards choice.

You are requested to send a Napkin along with Spoon or Fork (according to the requirement of your ward).



Monday	Stuffed Parantha with Curd OR Poori Aaloo OR Chapatti with seasonal vegetable	
Tuesday	Besan Pooda OR Suji Chila OR Moong dal chila	
Wednesday	 Vegetable pulao with curd/Boondi Raita OR Black Chana/Kadi/Rajma with Rice	
Thursday	Bread Pakora/Any other Pakora OR Bread Roll OR Vegetable Cutlet	
Friday	 Vegetable Macroni OR Vegetable Bombino OR Pao bhaji OR Idli Sambhar	
Saturday	Anything of your wards choice(Avoid junk food)	

