



SPRING DALE PUBLIC SCHOOL

Sherpur Road, Ludhiana

Estd. 1982

For Classes K1- II

Dated: 17.04.2025

Dear Parents

Greetings!

Healthy tiffin plays a vital role in developing lifelong healthy eating habits. A balanced, healthy and adequate meal helps to meet nutritional needs of the child. Tiffin box is a good way to introduce variety in their meals. So a healthy tiffin menu has been especially designed for our blooming buds. Kindly follow it.

Weekly Tiffin Menu

Monday	Fruit Tiffin	SPROUT + FRUIT
	Lunch Tiffin	MIX VEG PULAO
Tuesday	Fruit Tiffin	ANY SEASONAL FRUIT + VEGETABLE SALAD
	Lunch Tiffin	MOONG DAL CHEELA + PANEER CUBES / DAL WALI ROTI + PANEER BHURJI
Wednesday	Fruit Tiffin	CHICKPEA (CHANA) SALAD + BLACK GRAM/ PROTEIN SALAD
	Lunch Tiffin	ANY STUFFED PARANTHA / 1 VEG WRAP
Thursday	Fruit Tiffin	1 RICE CRACKER + NUTS
	Lunch Tiffin	BESAN VEGGIE WAFFLE / BESAN CHEELA WITH PANEER STUFFING
Friday	Fruit Tiffin	MAKHANA AND PEANUT SALAD/ ANY SEASONAL FRUIT
	Lunch Tiffin	ANY SANDWICH OF YOUR CHOICE/ BREAD PIZZA (ANYTHING MADE FROM BREAD) BAKED
Saturday	Fruit Tiffin	ANY SEASONAL FRUIT + SALAD
	Lunch Tiffin	FAVOURITE SNACKS BAKED/ FRIED/COOKED

Note: -

*There is fruit time before the classes start.

*Tiffins are checked so please stick to the plan.

Team Spring Dale



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