



Arvind Gupta DAV Centenary Public School
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“Eat healthy, be nutrition-wealthy.”

Dear Parents,

Our health is nothing but a clear reflection of our food habit. If we consume healthy food and follow a well-balanced diet, we will definitely stay healthy and fit. It is widely known that a healthy diet is vital for children's growth and development and for their long-term health and well-being. Keeping this in mind, we have decided a perfect and healthy weekly meal plan for your ward and you are requested to send lunch accordingly:-

DAYS	MENU
Monday	Stuffed parantha/ chappati + green vegetable
Tuesday	Veg.cutlet/veg.sandwich/veg.idli/veg.patty(homemade)
Wednesday	Green veg.+chappati
Thursday	Veg.Idli/Stuffed parantha
Friday	Choice food/Favourite food(don't send junk food)

Note:

1.Send fresh fruits in a separate fruit box(in pieces) for fruit break daily.

2.A child must carry

- A plastic spoon and a fork
- A red cloth apron and napkin(given in the school kit)
- A clean handkerchief
- A tissue paper

3. Send a packet of tissue paper and a packet of 20 plastic spoons by 20th April 2015.

Looking Forward for your cooperation.

PRINCIPAL