



Arvind Gupta DAV Centenary Public School
Model Town, Delhi-110009



Ph: 01127455245

Website: agdav.edu.in

e mail: office@agdav.edu.in

Ref. No. : AGDAVCPS/2016-17/C.No -2

Dated: 22.3.2016

HEALTH ISN'T ABOUT BEING PERFECT WITH FOOD OR EXERCISE OR HERBS. HEALTH IS ABOUT BALANCING THOSE THINGS WITH YOUR DESIRES. IT'S ABOUT NOURISHING YOUR SPIRIT AS WELL AS YOUR BODY.

Dear Parents,

Our health is nothing but a clear reflection of our food habits. 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/ vegetable home made sandwich/ paneer cutlet / paneer pakora |
| Tuesday | Vegetable pakoras / veg. cutlet / veg. sandwich / veg. idli / veg. patty(home made) |
| Wednesday | Green veg.+chappati / parantha / crisp potatoes / paneer pakora / bread pakora |
| Thursday | Veg. idli / stuffed parantha / fav. Vegetable |
| Friday | Any green parantha / puri chole + Aloo potato / veg. uttpam / veg. paneer stuffed chilla |

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 April 2016.

Looking Forward For Your Cooperation.

PRINCIPAL