

Menu May - 2019
Grade IV – AS&A Level, Goa

Monday

Breakfast

- Cornflakes
- Milk (Hot /Cold)
- Banana

Lunch

- Rice/Roti
- Dal
- Seasonal Vegetable
- Green Salad

Wednesday

Breakfast

- Chocolate Banana Smoothie
- Toasted Sandwiches (Veg Filing)
- Mixed fruit

Lunch

- Egg Curry
- Veg Pulao

Friday

Breakfast

- Veg Cutlet
- Green Pudina Chutney

Lunch

- Veg Kurma
- Naan
- Watermelon

Tuesday

Breakfast

- Bread butter jam
- Milk

Lunch

- Veg Chowmein
- Veg Manchurian
- Fruit salad

Thursday

Breakfast

- Idli
- Sambar
- Chutney

Lunch

- Special Lunch

Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

When foods are used as reward and shower affection, children may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.