

Monthly Diet

Suggested Meal Plan

SEPTEMBER



	MON	TUE	WED	THURS	FRI	SAT
WEEK 1	Aloo-gobi paratha, paneer cubes, pomegranate seeds	Vegetable khichdi, steamed broccoli, guava slices	Stuffed eggplant paratha, cucumber sticks, watermelon chunks	Mixed vegetable poha, apple slices, roasted chickpeas	Spinach-methi thepla, grated beetroot salad, kiwi slices	Vegetable upma, sweet potato cubes, banana
WEEK 2	Carrot-peas paratha, paneer strips, pomegranate seeds	Oats vegetable idli, dry cauliflower sabzi, guava pieces	Bottle gourd thepla, corn-peas salad, apple slices	Vegetable dalia, cucumber sticks, watermelon	Spinach-potato paratha, grated carrot salad, kiwi slices	Moong dal chilla with vegetables, roasted pumpkin seeds, banana
WEEK 3	Stuffed cabbage paratha, steamed broccoli, pomegranate seeds	Vegetable rice, paneer cubes, guava	Eggplant-potato thepla, corn kernels, apple slices	Quinoa vegetable upma, cucumber sticks, watermelon chunks	Methi-aloo paratha, beetroot salad, kiwi sliced	Mixed dal khichdi, steamed cauliflower, banana
WEEK 4	Carrot-spinach paratha, paneer strips, pomegranate seeds	Vegetable poha, roasted chickpeas, guava	Sweet potato-peas paratha, cucumber salad, apple slices	Sabudana khichdi with vegetables, steamed broccoli, watermelon	Vegetable rice (rice + small mixed veg), corn-carrot salad, apple	Vegetable semolina upma, paneer cubes, banana

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Important Info:

- As monsoon ends, risk of water-borne infections decreases but **maintain food hygiene standards**
- Cooler, drier weather allows for slightly heartier meals compared to peak monsoon period
- Seasonal vegetables like eggplant, cauliflower, and spinach are at their nutritional peak



Important: If your child is allergic to any food item or is on a special diet please refer to a certified dietician.



Specific Nutrition & Safety Notes



- Continue using **turmeric, ginger, and garlic** in cooking for ongoing immune support
- **Vitamin C**-rich fruits like guava, kiwi, and pomegranate support immunity during seasonal transition
- Maintain **easy-to-digest foods** as children's digestive systems adjust to changing weather
- Thoroughly **wash all vegetables and fruits** - transition period still requires careful food handling
- **Steam or cook vegetables** well to ensure easy digestion and safety
- **No raw leafy salads** - opt for grated/cooked vegetables instead
- Continue using **boiled/filtered water** for all cooking and drinking needs

