

Monthly Diet

Suggested Meal Plan

OCTOBER



	MON	TUE	WED	THURS	FRI	SAT
WEEK 1	Aloo-gobi paratha strips, paneer cubes, Guava pieces	Dry moong-dal khichdi with carrots/peas, steamed broccoli florets, apple slices	Beetroot thepla, dry cabbage-peas sabzi, pomegranate arils	Vegetable poha (carrot, peas, peanuts), cucumber sticks peeled, sweet lime wedges	Spinach-corn paratha, roasted soft chickpeas, banana	Vegetable upma (beans, carrots), soft sweet potato cubes, apple
WEEK 2	Lauki-thepla, dry carrot-beans sabzi, guava	Samai/little-millet idli, dry broccoli-carrot bhaji, pomegranate	Mixed veg pulao (beans, peas, carrot), paneer sticks, pear slices	Oats chilla fingers (grated veg), cucumber sticks, orange wedges	Methi-aloo paratha, steamed peas-corn, apple	Dalia (broken wheat) upma, dry cabbage-potato, banana
WEEK 3	Brinjal-potato paratha, soft roasted chana, guava	Vegetable rice + tiny tofu/paneer cubes, steamed broccoli, apple	Beetroot poori-bites (shallow cooked), dry carrot-peas, pomegranate	Quinoa upma (veg-loaded), cucumber sticks, sweet lime	Spinach-paratha rolls, soft moong sprouts lightly steamed, pear	Sabudana khichdi (peanuts, potatoes; dry), papaya cubes
WEEK 4	Cabbage-paratha wedges, paneer cubes, apple	Vegetable poha, roasted pumpkin cubes, guava	Sweet potato paratha, dry broccoli-corn, pomegranate	Idli fingers (ragi/rice), dry mixed-veg bhaji, orange wedges	Carrot-methi thepla, dry lauki-chana, apple	Veg semolina upma, peas-paneer mini bites, banana



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Important Info:

- October may have above-normal rains and delayed withdrawal; keep produce well-washed, cook vegetables thoroughly, and pack foods dry to reduce spoilage risk.
- Prefer boiled/filtered water for cooking and washing; avoid raw leafy salads in lunchboxes, opting for cooked or grated forms.
- Stick to seasonal fruits and veg for better nutrient density and acceptance during the autumn transition.

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



- Keep spice mild; brush parathas/theplas lightly with ghee for energy and fat-soluble vitamin absorption.
- Cut all items into small, soft, bite-sized pieces to reduce choking risk for toddlers.
- If a child has allergies, intolerances, or medical needs, seek a pediatric dietician for personalization.

