

Monthly Diet

Suggested Meal Plan

April

Portion Guide by Age Group

Item / खाने की चीज़	Age 2–3 years / उम्र 2-3 साल	Age 4–8 years / उम्र 4-8 साल
Paratha / Roti (पराठा / रोटी)	1 small (torn into pieces) / 1 छोटा (टुकड़ों में तोड़कर)	1–1.5 regular / 1-1.5 सामान्य
Rice / Pulao (चावल / पुलाव)	3–4 tablespoons / 3-4 बड़े चम्मच	Half cup to 3/4 cup / आधा से पौना कप
Sabzi / Dal (dry) (सब्जी / दाल (सूखी))	2–3 tablespoons / 2-3 बड़े चम्मच	4–5 tablespoons / 4-5 बड़े चम्मच
Curd (set) / दही (जमा हुआ)	2 tablespoons / 2 बड़े चम्मच	3–4 tablespoons / 3-4 बड़े चम्मच
Fruit / फल	3–4 small pieces / 3-4 छोटे टुकड़े	5–6 pieces or half fruit / 5-6 टुकड़े या आधा फल
Chilla / Dosa / चिल्ला / दोसा	1 small / 1 छोटा	1.5–2 regular / 1.5-2 सामान्य
Upma / Poha / Daliya / उपमा / पोहा / दलिया	4–5 tablespoons / 4-5 बड़े चम्मच	Half to 3/4 cup / आधा से पौना कप



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	MON	TUE	WED	THURS	FRI	SAT
WEEK 1	Moong Dal Chilla, Aloo Jeera , Banana	Suji Upma, Paneer cubes , apple slices	Rice Pulao (peas & carrot), Mixed Veg , Grapes (halved)	Stuffed Paratha (Gobhi), Roasted Peanuts (powdered for 2-3yr), Banana	Spinach-corn paratha, roasted soft chickpeas, banana	Vegetable Uttapam, Aloo Matar (dry), Mango slices
WEEK 2	Paneer Paratha, Aloo Matar (dry), Papaya cubes	Curd Rice (thick), Dry Paneer Bhurji, Orange segments	Besan-Palak Chilla, Roasted Makhana, Banana	Oats chilla fingers (grated veg), cucumber sticks, orange wedges	Methi-aloo paratha, steamed peas-corn, apple	Dosa with Chutney, Potato Filling (dry), Apple slices
WEEK 3	Curd Rice (thick), Cucumber sticks, Grapes (halved)	Suji Upma (thick) with grated vegetables, Coconut Chutney, papaya	Rice paratha, sautéed drumstick leaves (moringa), orange wedges	Cabbage-carrot paratha, cucumber sticks, apple slices	Oats-chilla, dry peas- corn sabzi, watermelon	Poha (with peanut powder), Cucumber sticks, Banana
WEEK 4	Vegetable Daliya (thick), Paneer Tikka (dry), Papaya cubes	Palak Paratha, Mint Chutney, Orange segments	Paneer Roti Roll, Grated Carrot Salad, Muskmelon cubes	Vegetable Poha (with peanuts, Roasted Makhana, Papaya cubes	Vegetable rice (rice + small mixed veg), steamed peas, apple	Spinach paratha, dry bottle gourd sabzi, watermelon



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Important Info and Guidelines:

- **No Liquid Foods:** No soups, thin dal, runny curries, juices, or curd drinks. All items must be dry or thick consistency to prevent spillage and maintain hygiene.
- **Use Insulated Lunch Boxes:** April temperatures in Delhi reach 40°C+. Food without insulation spoils within 2 hours. Please use insulated/steel tiffin boxes.
- **Choking Safety:** Cut grapes in quarters. No whole nuts for children 2–3 years (use powdered). Cut all fruits into small pieces. No hard candy, popcorn, or chikki.
- **No Packaged/Junk Food:** Please do not send chips, biscuits, packaged juices, chocolates, noodles, or deep-fried food.
- **Allergy Alert:** If your child has any food allergy (nuts, dairy, gluten, etc.), please inform the school in writing and label the lunch box clearly.
- **Water Bottle:** Always send a filled water bottle. In summer, children need frequent hydration. We encourage water breaks but rely on parents to send adequate supply.

Important: This is a suggestive meal plan to help parents prepare balanced lunches. It is not mandatory. Parents are encouraged to adapt based on their child's preferences and any dietary restrictions. For children with specific medical dietary needs, please consult your pediatrician..

