

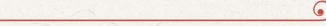


HANSRAJ PUBLIC SCHOOL

Sector-6, Panchkula

Dear Parents,

To inculcate the habit of eating healthy, nutritious and seasonal food and to expose the children to popular international cuisine we observe "Food Day" on every Monday. You are requested to kindly send the tiffin according to the menu given below:



APRIL SPRING SENSATION
(a seasonal showcase of fresh, vibrant and colourful palette)

08.04.2024 NAVRARTI SPECIAL DISH

15.04.2024 YELLOW RICE/ BESAN CHILLA

22.04.2024 PAV BHAJI / VEG. VERMECILLI

29.04.2024 IDLI / VEG UTTAPAM

MAY CULINARY CARNIVAL

(A spectrum of Taste's of India)

06.05.2024 PANEER WRAP

13.05.2024 RAJMA / CHANNA RICE

20.05.2024 VEGETABLE PATTY

JULY ORIENTAL FLAVOURS

(Exotic Explorations)

01.07.2024 SOYA PULAO / GHIA FRITTERS

08.07.2024 VEGETABLE PULAO / FRIED RICE

15.07.2024 VEGETABLE UPMA / MOONG DAL CHILLA

22.07.2024 VEGETABLE POHA

29. 07.2024 SEASONAL VEGETABLE WITH PARATHA

AUGUST HARVEST

(Harmony of seasonal ingredients)

05.08.2024 CHANNA CHAWAL / POORI

12.08.2024 TRICOLOUR SANDWICH/
DHOKLA TRICOLOUR







HANSRAJ PUBLIC SCHOOL

Sector-6, Panchkula

Menu for Fruit Break

EVERYDAY (9:30 A.M.)

Monday	Any seasonal fruit
Tuesday	Sprouts/ Green Salad
Wednesday	Soyabean/ channa Salad
Thursday	Seasonal Fruit / Fruit Custard / Butter salted corns
Friday	Five-A-day: Fruit chat with 5 different fruits

Note: No chips, chocolates, fast food is allowed in the snack break.