



# 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/<br>DHOKLA TRICOLOUR |





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## Menu for Fruit Break

EVERYDAY (9:30 A.M.)

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



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