GD GOENKA PUBLIC SCHOOL BARAMULLA
LUNCH TIME MENU
FOR CLASSES NURSERY TO IX

SL. NO	DAY	MENU
1.	**Monday**	1. Veg option: Rice with mixed vegetables Non-veg option: Chicken curry with rice 2. Cucumber Raita
2.	**Tuesday**	1. Aloo Palak (Potato and Spinach Curry) with Chapati 2. Chickpea and cucumber salad with a light lemon dressing
3.	**Wednesday**	1. Vegetable Khichdi or Rajma curry with rice along with yogurt. 2. Carrot and Beetroot Salad with a light lemon dressing.
4.	**Thursday**	1. Mushroom and Spinach Omelette 2. Carrot, Beetroot and Chickpea Salad with a light lemon dressing.
5.	**Friday**	1. Veggie Paratha (stuffed with mixed vegetables) with a side of plain yogurt. 2. Cucumber and Tomato Salad with a light lemon dressing.
6.	**Saturday**	Kids can bring their own choice of food **Note:** Encourage them to make healthy choices and pack a well-balanced lunch.

Important Note for Fruit Break:

1. Incorporation of Seasonal Fruits for Fruit Break:

For the fruit break, it is essential to prioritize the use of seasonal fruits. Seasonal fruits not only offer freshness and optimal flavour but also provide a variety of nutrients that are beneficial for growing children. Therefore, we encourage all parents to make thoughtful and healthy choices when selecting fruits for the fruit break for their wards.

2. Strict Prohibition of Junk Food:

NO JUNK FOOD ALLOWED! This includes chips, biscuits, canned juice, muffins, and chocolates. If any student brings these items, the class teacher will seize them. Please note that the responsibility will not lie with the teacher if the student remains hungry for the entire fruit break until lunchtime. It is crucial to understand that these items contribute to unhealthy eating habits and potential health issues in children.

Kindly note the food should be less spicy

By adhering to this policy, we aim to promote a healthy and balanced diet among our students, fostering good eating habits that will benefit them in the long run.