



# WEEKLY MEAL PLANNER

WEEK: 1

01/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 banana / banana shake	Calories:116 P:1.3 C:27 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Bell pepper millet pasta	This meal provided about 405kcal. 16 gm protein, 56gm carbs & 13gm good quality fat.	Millet pasta is a healthier alternative of regular pasta, it has a lower glycemic index compared to traditional pasta. Sauce of this dish is made with the goodness of bell peppers, cashew & little milk. Cashews are rich in iron, zinc, magnesium & packed with antioxidants. Bell peppers are an excellent source of vitamin C, supports immune function and skin health.
02/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana strawberry shake	Calories:198 P:9 C:32 F:2	Banana-strawberry shake is a delightful and nutritious treat. Blending these fruits create a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers, combining the benefits of both bananas and strawberries in a kid-friendly beverage.
Lunch	Rajma with 1/2 tsp ghee + jeera rice + cucumber sticks & carrot sticks + curd	This meal provided about 375kcal. This meal provides 17 gm protein, 53gm carbs & 8g good quality fat.	Rajma chawal with ghee is a nutritious and tasty choice for kids. The dish provides essential nutrients crucial for their growth and development. The kidney beans offer a healthy dose of protein, essential for building and repairing tissues, while the rice contributes complex carbohydrates for sustained energy. Additionally, the meal is rich in dietary fiber, promoting digestive health. The presence of vitamins and minerals, such as iron and magnesium, supports overall well-being. Introducing ghee adds healthy fats to the mix, aiding in nutrient absorption and brain development. Moreover, the flavorsome nature of rajma chawal may make it appealing to kids, encouraging them to enjoy a well-balanced and culturally diverse diet.
03/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 spoon healthy nutella with apple slices	Calories:225 P:5 C:22 F:13	Creating a healthy Nutella alternative for dipping apple slices involves blending nuts, cocoa, and a natural sweetener like honey or jaggery powder. This homemade version offers a nutrient-rich spread without additives. Pairing it with apple slices provides a delicious and wholesome snack, combining the sweetness of the "Nutella" with the crispness of apples for a satisfying treat.
Lunch	Millet paneer wrap + cucumber sticks	Calories:334 C:27 P:19 F:17	Kodo millet paneer wrap offers several health benefits for kids. Kodo millet, being a whole grain, provides complex carbohydrates, dietary fiber, and essential nutrients such as magnesium and phosphorus. Paneer, a good source of protein and calcium, supports growth and bone development in children. Wrapping these ingredients in a whole grain wrap introduces additional fiber and nutrients. This combination creates a balanced meal that can contribute to sustained energy, support overall health. Moreover, the flavors and textures of this wrap will appeal to kids, making it an enjoyable way to incorporate nutritious ingredients into their diet.
04/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Orange / Banana	Calories:116 C:27 P:1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Idly + sambhar + coconut chutney + cucumber sticks + 1-2 beetroot sticks	Calories:300 P:9 C:36 Fats:13s	Sambhar, idly, and coconut chutney collectively provide a well-rounded nutritional boost for kids. The sambhar is prepared from lentils and an array of vegetables, offers a rich source of protein, fiber, and essential vitamins, promoting overall growth and development. Idly, being a fermented rice and lentil cake, adds easily digestible carbohydrates. Meanwhile, the coconut chutney not only enhances flavor but also contributes healthy fats and additional nutrients. This trio forms a nutritious combination that not only satiates young appetites but also supports the diverse nutritional needs crucial for a child's well-being.
05/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with carrot sticks / cucumber sticks	Calories:203 P:6 C:20 F:11	Homemade hummus paired with cucumber and carrot sticks is a nutritious snack for preschoolers. The chickpeas in hummus provide protein and fiber, supporting growth and digestion. Cucumber and carrots add vitamins and crunch, enhancing the overall nutritional value. This combo offers a tasty way for kids to enjoy vegetables while promoting a balanced and wholesome diet.
Lunch	Black channa tikkis with sauteed veggies thick, hung curd mint chutney & cucumber sticks	Calories:361 P:15 C:55 F:9	Black channa tikki with curd chutney has many nutritional benefits for preschool kids. Black chickpeas (kala chana) in the tikki are a good source of protein, iron, fiber, and other essential minerals, supporting muscle development and overall growth. The tikki is prepared with wholesome ingredients, which provides sustained energy for active youngsters. Curd chutney, made from yogurt, adds calcium for bone health and probiotics for a healthy digestive system. Together, this combination offers a balanced mix of nutrients, promoting a well-rounded diet for preschoolers. The flavorsome tikki and chutney also make it a kid friendly meal, encouraging healthy eating habits from a young age for a child's well-being.



# WEEKLY MEAL PLANNER

WEEK: 2

08/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Grapes + 3 almonds (optional)	Calories:95 C:10 P:2 F:5	Grapes and almonds make a nutritious combo for kids. Grapes provide vitamins, antioxidants, and natural sugars for energy, while almonds offer healthy fats, protein, and essential minerals. This snack supports overall growth, boosts brain function, and provides sustained energy, making it a well-rounded and wholesome choice for kids' health. Remember to serve grapes cut to prevent choking hazards in younger children.
Lunch	Roti + mix veg with pea + curd + cucumber & carrot sticks	Calories:300 P:15 C:40 F:8	Matar mix veg roti with curd presents a nutritionally rich and appealing option for preschool kids. The matar (green peas) and mixed vegetable in the roti contribute essential vitamins, minerals, and fiber crucial for growth and development. The whole-grain roti provides complex carbohydrates for sustained energy, while the curd offers calcium for bone health and probiotics supporting a well-functioning digestive system. This wholesome combination ensures a balance of proteins, carbohydrates, and healthy fats, promoting overall nutrition for young children. The colorful mix of vegetables makes the meal visually appealing, encouraging kids to enjoy a diverse range of nutrients and fostering positive eating habits from an early age.
09/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	2 dates + 1 apple / chickoo	Calories:167 P:1 C:40 F:1	Combining dates and chickoo (sapodilla) provides a nutritious and energy-packed treat for kids. Dates offer natural sweetness, fiber, and essential minerals, while chickoo adds vitamins, fiber, and a creamy texture. This duo supports digestion, provides sustained energy, and delivers essential nutrients for growth, making it a wholesome and delicious snack for kids. As with any food, moderation is important to maintain a balanced diet.
Lunch	Paneer rice + curd + cucumber & 2 beetroot sticks	Calories: 436 - P:20, C:46, F:19	Paneer, or Indian cottage cheese, is a good source of protein and calcium, supporting muscle development and bone health. Rice provides carbohydrates for energy, and when paired with paneer, it creates a balanced meal. Curd, or yogurt, in the dish contributes probiotics for a healthy digestive system and additional calcium for bone strength. The combination of these ingredients offers a mix of macronutrients and micronutrients essential for growing children. This wholesome meal not only satisfies their taste buds but also helps meet their nutritional needs, promoting overall well-being.
10/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Apple + peanut butter (optional) / nutella healthy	Calories:225 C:22 P:5 F:13	Creating a healthy Nutella alternative for dipping apple slices involves blending nuts, cocoa, and a natural sweetener like honey or jaggery powder. This homemade version offers a nutrient-rich spread without additives. Pairing it with apple slices provides a delicious and wholesome snack, combining the sweetness of the "Nutella" with the crispness of apples for a satisfying treat.
Lunch	Roti + dal + gobhi aloo + cucumber sticks & carrot sticks	Calories:340 P:10 C:52 F:11	Roti with dal, gobhi (cauliflower), and aloo (potato) provides numerous nutritional benefits for kids. The roti offers complex carbohydrates, while dal contributes protein and essential nutrients. Gobhi is a good source of vitamins, fiber, and antioxidants, supporting overall health. Aloo adds carbohydrates and important minerals. Together, these ingredients create a balanced meal, providing energy, promoting growth, and supporting various bodily functions. The combination of flavors and textures can also make it a palatable and enjoyable option for kids, helping instill healthy eating habits from a young age.
11/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake	Calories:198 P:9 C:32 F:2	Banana shake is a delightful and nutritious treat. Blending these fruits creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers.
Lunch	Black channa cutlet wrap - cutlet, hung curd dip, cooked onion, capsicum & carrot	Calories:360 P:13 C:58 F:9	Black channa cutlet wrap is a nutritious and flavorful choice for kids. The black chickpeas bring protein and fiber, promoting healthy growth and digestion. The whole grain wrap adds complex carbohydrates, providing lasting energy for active youngsters. Including veggies in the cutlet boosts essential vitamins and minerals. This combination creates a well-rounded meal, ensuring a good mix of nutrients crucial for a child's development. Beyond its nutritional benefits, the wrap format makes it a hands-on and enjoyable eating experience for kids, making it easier to introduce and appreciate a variety of healthy ingredients in one go.
12/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Strawberry 4-5 / banana strawberry shake	Calories:198 P:9 C:32 F:2	A banana-strawberry shake is a delightful and nutritious treat. Blending these fruits creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers, combining the benefits of both bananas and strawberries in a kid-friendly beverage.
Lunch	Sambhar + idly/utthapam + coconut chutney + cucumber carrot sticks	Calories:300 P:9 C:36 F:13	Sambhar, utthapam, and coconut chutney collectively provide a well-rounded nutritional boost for kids. The sambhar is prepared from lentils and an array of vegetables, offers a rich source of protein, fiber, and essential vitamins, promoting overall growth and development. Idly, being a fermented rice and lentil pancake, adds easily digestible carbohydrates. Meanwhile, the coconut chutney not only enhances flavor but also contributes healthy fats and additional nutrients. This trio forms a nutritious combination that not only satiates young appetites but also supports the diverse nutritional needs crucial for a child's well-being.



# WEEKLY MEAL PLANNER

WEEK: 3

15/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Strawberry yogurt with almond powder (optional)	Calories:159 P:6 C:28 F:2	Strawberry yogurt with almond powder is a nutritious choice for kids. Yogurt offers probiotics for gut health, calcium for bone development, and protein. Strawberries contribute vitamin C and antioxidants, while almond powder adds healthy fats, protein, and essential nutrients. This combination provides a tasty snack that supports overall growth, boosts immunity, and provides sustained energy for active kids. Ensure the almond powder is finely ground for safety, especially for younger children.
Lunch	Pao bhaji- sandwich- whole wheat pao + 1/2 tsp ghee + cucumber & 2 beetroot sticks (healthy bhaji made of pumpkin pea potato beetroot & other veggies)	Calories:388 P:11 C:60 F:12	Pumpkin bhaji and whole wheat pao together offer a wholesome and nutritionally rich meal for preschool kids. The pumpkin bhaji, with its vibrant orange color, is a powerhouse of vitamins A and C, crucial for immune system support and healthy vision. Additionally, the fiber content promotes good digestion. Pairing it with whole wheat pao enhances the nutritional profile, providing sustained energy from complex carbohydrates, along with essential B vitamins and minerals like iron and magnesium. This combination not only caters to the taste preferences of young children but also ensures they receive a diverse range of nutrients vital for their growth and development.
16/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 Banana / banana shake	Calories:198kcal P:9 C:32 F:2	Banana shake is a delightful and nutritious treat. Blending this fruit creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers.
Lunch	Bhindi wrap 1/2 tsp ghee with 1 katori curd + cucumber sticks	Calories:300 C:41 P:13 F:10	Bhindi (okra) wrap with curd presents a nutritionally wholesome option for preschool kids. Bhindi, packed with fiber and vitamins A and C, supports healthy digestion and boosts immune function. The whole wheat wrap contributes complex carbohydrates for sustained energy and additional fiber. Pairing it with curd introduces essential calcium for bone development, protein for growth, and probiotics promoting good gut health. This combination not only caters to young taste buds but also ensures a well-rounded intake of nutrients crucial for their overall growth and well-being.
17/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Apple shake/ Smoothie	Calories:190 P:7 C:36 F:2	Apple shake offers several health benefits for kids. Apples are rich in fiber, vitamins, and antioxidants. When blended into a shake, they provide a delicious and hydrating way for kids to consume essential nutrients. The natural sugars in apples offer a quick energy boost, and the fiber supports digestion. Including dairy or a plant-based alternative in the shake adds calcium and protein, promoting overall growth and development in a tasty and kid-friendly way.
Lunch	Healthy burger : whole wheat bun, Rajma & potato cutlet + healthy curd dip + cucumber sticks	Calories:303 P:12 C:51 F:6	Healthy burger featuring rajma tikki and curd dip offers a nutritious delight for preschool kids. The rajma tikki, made from kidney beans, provides a protein punch essential for growth, along with fiber for digestive health. The curd dip not only enhances flavor but also introduces calcium for strong bones and probiotics that support a healthy gut. This combination caters to young taste preferences while delivering a balance of proteins, carbohydrates, and beneficial nutrients crucial for the development and well-being of preschoolers.
18/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 chickoo + 5 grapes	Calories:139 P:1 C:28 F:1	Combining chickoo (sapodilla) and grapes provides a nutritious and flavorful snack for kids. Chickoo offers natural sweetness, dietary fiber, and vitamins, while grapes contribute antioxidants and hydration. Together, they support digestion, provide essential vitamins and minerals, and offer a tasty alternative to sugary snacks. This duo makes for a well-rounded and wholesome treat that can be enjoyed by kids as part of a balanced diet.
Lunch	dal parantha with 1/2 tsp ghee + curd + cucumber and carrot sticks	Calories:334 P:15 C:41 F:13	Dal parantha paired with ghee and curd forms a nutritionally rich meal tailored for preschool kids. Dal, a good source of plant-based protein and essential nutrients, contributes to their growth and development. Whole wheat parantha offers complex carbohydrates, ensuring sustained energy release. The addition of ghee provides healthy fats, while curd introduces calcium for strong bones and probiotics that support digestive health. This combination not only caters to the taste preferences of young children but also ensures a well-rounded intake of proteins, carbohydrates, fats, and essential vitamins, fostering their overall well-being.
19/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Strawberry 4-5 / Banana strawberry shake	Calories:198 P:9 C:32 F:2	Banana-strawberry shake is a delightful and nutritious treat. Blending these fruits creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers, combining the benefits of both bananas and strawberries in a kid-friendly beverage.
Lunch	Millet noodles with veggies + chickpea salad in lemon honey dressing	Calories:315 P:8 C:45 F:6	Millet noodles paired with veggies and chickpea salad create a nutritionally robust meal perfect for preschool kids. Millets offer a wholesome alternative to traditional noodles, providing complex carbohydrates, fiber, and essential minerals. The colorful array of veggies adds vitamins and antioxidants crucial for overall health and immune support. The chickpea salad not only contributes plant-based proteins for growth but also offers additional fiber and various nutrients. This combination not only caters to young taste preferences but also ensures a diverse intake of essential nutrients, supporting the developing bodies and minds of preschoolers.



# WEEKLY MEAL PLANNER

WEEK: 4

22/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Orange	Calories:80 P:1 C:18 F:0	Oranges offer various health benefits for kids. Rich in vitamin C, they support a healthy immune system, aiding in the prevention of illnesses. The fiber in oranges aids digestion and helps regulate blood sugar levels. Additionally, oranges provide essential nutrients like potassium, promoting heart health. The natural sweetness and appealing taste make oranges a kid-friendly snack that contributes to overall well-being and growth.
Lunch	Kadhi for babies + jeera rice + cucumber sticks + bhindi sabzi	Calories :381 C:50 P:16 F:13	Introducing kadhi for babies alongside rice, okra sabzi, and cucumber sticks creates a nutritionally balanced meal tailored for preschool kids. The kadhi provides a source of probiotics, aiding in digestion and promoting a healthy gut. Paired with rice, it offers energy-rich carbohydrates. The okra sabzi contributes dietary fiber, vitamins, and minerals crucial for overall development. Complementing the meal with cucumber sticks not only adds a refreshing crunch but also provides hydration and additional vitamins. This combination not only caters to the taste preferences of preschoolers but also ensures a diverse intake of essential nutrients, supporting their growth, immunity, and overall well-being.
23/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Coconut water	Calories:46 P:1 C:8.9 F:0	Coconut water is a healthy beverage for kids. It is a natural source of hydration, providing electrolytes like potassium, magnesium, and calcium. With a mild, sweet taste, coconut water can be enticing for children and serves as a refreshing alternative to sugary drinks. Additionally, it supports digestion, boosts the immune system, and contributes to overall well-being.
Lunch	Potato parantha 1/2 tsp ghee + curd + carrot sticks	Calories 255 P:9 C:38 F:8	A wholesome meal for preschool kids consists of potato paranthas paired with ghee, curd, and carrot sticks. The potato paranthas provide a good balance of carbohydrates and fiber for sustained energy. Ghee adds healthy fats essential for development, and curd brings in calcium and probiotics, supporting bone health and digestion. Including carrot sticks not only enhances the meal's texture but also introduces vitamins and antioxidants vital for their growth and immune system. This combination caters to the palates of young children while ensuring a diverse intake of nutrients necessary for their overall health.
24/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana OR apple juice with little beetroot & carrot mixed	Calories: 116 C: 27 P: 1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Mixed vegetable rice + dal fry with spinach (add puree) + cucumber sticks	Calories: 340 P:10 C:52 F:11	A delightful mixed vegetable rice paired with dal fry, spinach, and cucumber sticks offers a nutritionally well balanced meal for preschool kids. The mixed vegetable rice provides complex carbohydrates and a medley of vitamins and minerals from various veggies, supporting overall growth. Dal fry adds a protein boost essential for development, while spinach introduces iron and other vital nutrients. Including cucumber sticks not only adds a refreshing crunch but also contributes hydration and additional vitamins. This combination caters to the taste preferences of young children while ensuring a diverse intake of essential nutrients crucial for their physical and cognitive development.
25/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Fruit salad - papaya + chickoo + anaar	Calories:134 C:28 P: 2 F:2	Fruit salad combining pomegranate, papaya, and chickoo (sapodilla) offers a delightful mix of flavors and health benefits. Pomegranate adds antioxidants, papaya contributes digestive enzymes and vitamins, while chickoo provides natural sweetness, fiber, and essential nutrients. This colorful and diverse fruit salad not only satisfies the taste buds but also supports overall health, making it a nutritious choice for kids and adults alike.
Lunch	Rajma mexican wrap + cucumber sticks	Calories:341 P:12 C:60 F:4	Rajma and corn Mexican whole wheat wrap provides numerous nutritional benefits for kids. The rajma, rich in plant-based protein, supports their growth and development. Corn adds a pleasant sweetness and contributes additional fiber, aiding in digestion. Whole wheat wrap ensures a source of complex carbohydrates, offering sustained energy for active kids. The Mexican flavors not only enhance the taste but also introduce various spices and herbs, potentially providing additional health benefits. This combination creates a well-balanced meal, offering proteins, fiber, and essential nutrients, making it a tasty and nutritious option for kids.
26/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 spoon healthy nutella with apple slices	Calories:225 P:5 C:22 F:13	Creating a healthy Nutella alternative for dipping apple slices involves blending nuts, cocoa, and a natural sweetener like honey or jaggery powder. This homemade version offers a nutrient-rich spread without additives. Pairing it with apple slices provides a delicious and wholesome snack, combining the sweetness of the "Nutella" with the crispness of apples for a satisfying treat.
Lunch	Millet paneer wrap + cucumber sticks	Calories:334 P:19 C:27 F:17	Kodo millet paneer wrap offers several health benefits for kids. Kodo millet, being a whole grain, provides complex carbohydrates, dietary fiber, and essential nutrients such as magnesium and phosphorus. Paneer, a good source of protein and calcium, supports growth and bone development in children. Wrapping these ingredients in a whole grain wrap introduces additional fiber and nutrients. This combination creates a balanced meal that can contribute to sustained energy, support overall health. Moreover, the flavors and textures of this wrap will appeal to kids, making it an enjoyable way to incorporate nutritious ingredients into their diet.



# WEEKLY MEAL PLANNER

WEEK: 5

29/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 banana / banana shake	Calories:116 C:27 P:1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Pao bhaji- sandwich- whole wheat pao + 1/2 tsp ghee + cucumber & 2 beetroot stick (healthy bhaji made of pumpkin pea potato beetroot & other veggies)	This meal provided about 375kcal. This meal provides 17 gm protein, 53gm carbs & 8gm good quality fat.	Rajma chawal with ghee is a nutritious and tasty choice for kids. The dish provides essential nutrients crucial for their growth and development. The kidney beans offer a healthy dose of protein, essential for building and repairing tissues, while the rice contributes complex carbohydrates for sustained energy. Additionally, the meal is rich in dietary fiber, promoting digestive health. The presence of vitamins and minerals, such as iron and magnesium, supports overall well-being. Introducing ghee adds healthy fats to the mix, aiding in nutrient absorption and brain development. Moreover, the flavorful nature of rajma chawal may make it appealing to kids, encouraging them to enjoy a well-balanced and culturally diverse diet.
30/04/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Strawberry yogurt with almond powder (optional) / coconut water	Calories:159 C:28 P:6 F:2	Strawberry yogurt with almond powder is a nutritious choice for kids. Yogurt offers probiotics for gut health, calcium for bone development, and protein. Strawberries contribute vitamin C and antioxidants, while almond powder adds healthy fats, protein, and essential nutrients. This combination provides a tasty snack that supports overall growth, boosts immunity, and provides sustained energy for active kids. Ensure the almond powder is finely ground for safety, especially for younger children.
Lunch	Bhindi wrap 1/2 tsp ghee with 1 katori curd + cucumber sticks	Calories:300 C:41 P:13 F:10	Bhindi (okra) wrap with curd presents a nutritionally wholesome option for preschool kids. Bhindi, packed with fiber and vitamins A and C, supports healthy digestion and boosts immune function. The whole wheat wrap contributes complex carbohydrates for sustained energy and additional fiber. Pairing it with curd introduces essential calcium for bone development, protein for growth, and probiotics promoting good gut health. This combination not only caters to young taste buds but also ensures a well-rounded intake of nutrients crucial for their overall growth and well-being.
01/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 chickoo + 5 grapes	Calories:139 P:1 C:28 F:1	Combining chickoo (sapodilla) and grapes provides a nutritious and flavorful snack for kids. Chickoo offers natural sweetness, dietary fiber, and vitamins, while grapes contribute antioxidants and hydration. Together, they support digestion, provide essential vitamins and minerals, and offer a tasty alternative to sugary snacks. This duo makes for a well-rounded and wholesome treat that can be enjoyed by kids as part of a balanced diet.
Lunch	Dal parantha with 1/2 tsp ghee + curd + cucumber & carrot sticks	Calories:334 P:15 C:41 F:13	Dal parantha paired with ghee and curd forms a nutritionally rich meal tailored for preschool kids. Dal, a good source of plant-based protein and essential nutrients, contributes to their growth and development. Whole wheat parantha offers complex carbohydrates, ensuring sustained energy release. The addition of ghee provides healthy fats, while curd introduces calcium for strong bones and probiotics that support digestive health. This combination not only caters to the taste preferences of young children but also ensures a well-rounded intake of proteins, carbohydrates, fats, and essential vitamins, fostering their overall well-being.
02/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake	Calories:198 P:9 C:32 F:2	A banana-strawberry shake is a delightful and nutritious treat. Blending these fruits creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers, combining the benefits of both bananas and strawberries in a kid-friendly beverage.
Lunch	Millet noodles with veggies \ chickpea salad in lemon honey dressing	Calories:315 P:8 C:45 F:6	Millet noodles paired with veggies and chickpea salad create a nutritionally robust meal perfect for preschool kids. Millets offer a wholesome alternative to traditional noodles, providing complex carbohydrates, fiber, and essential minerals. The colorful array of veggies adds vitamins and antioxidants crucial for overall health and immune support. The chickpea salad not only contributes plant-based proteins for growth but also offers additional fiber and various nutrients. This combination not only caters to young taste preferences but also ensures a diverse intake of essential nutrients, supporting the developing bodies and minds of preschoolers.
03/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Orange /Banana	Calories:116 C:27 P:1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Idly + sambhar + coconut chutney + cucumber sticks + 1-2 beetroot sticks	Calories:300 P:9 C:36 F:13	Sambhar, idly, and coconut chutney collectively provide a well-rounded nutritional boost for kids. The sambhar is prepared from lentils and an array of vegetables, offers a rich source of protein, fiber, and essential vitamins, promoting overall growth and development. Idly, being a fermented rice and lentil cake, adds easily digestible carbohydrates. Meanwhile, the coconut chutney not only enhances flavor but also contributes healthy fats and additional nutrients. This trio forms a nutritious combination that not only satiates young appetites but also supports the diverse nutritional needs crucial for a child's well-being.



# WEEKLY MEAL PLANNER

WEEK: 6

06/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Grapes + 3 almonds (optional)	Calories:95 C:10 P:2 F:5	Pairing grapes with almonds provides a nutritious snack for kids. Grapes offer natural sugars, antioxidants, and hydration, while almonds contribute healthy fats, protein, and essential minerals like magnesium and calcium. This combination supports overall growth, boosts energy levels, and provides nutrients for brain development. The mix of sweet and crunchy makes it an appealing and satisfying option for kids, offering a tasty way to incorporate essential nutrients into their diet.
Lunch	Roti + mix veg + curd + cucumber & carrot sticks	Calories:300 P:15 C:40 F: 8	Matar mix veg roti with curd presents a nutritionally rich and appealing option for preschool kids. The matar (green peas) and mixed vegetables in the roti contribute essential vitamins, minerals, and fiber crucial for growth and development. The whole-grain roti provides complex carbohydrates for sustained energy, while the curd offers calcium for bone health and probiotics supporting a well-functioning digestive system. This wholesome combination ensures a balance of proteins, carbohydrates, and healthy fats, promoting overall nutrition for young children. The colorful mix of vegetables makes the meal visually appealing, encouraging kids to enjoy a diverse range of nutrients and fostering positive eating habits from an early age.
07/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Apple + peanut butter (optional) / nutella healthy	Calories:225 C:22 P:5 F:13	Creating a healthy Nutella alternative for dipping apple slices involves blending nuts, cocoa, and a natural sweetener like honey or jaggery powder. This homemade version offers a nutrient-rich spread without additives. Pairing it with apple slices provides a delicious and wholesome snack, combining the sweetness of the "Nutella" with the crispness of apples for a satisfying treat.
Lunch	Black channa wrap - cutlet, hung curd dip, cooked onion, capsicum & carrot	Calories:340 P:10 C:52 F:11	Roti with dal, gobhi (cauliflower), and aloo (potato) provides numerous nutritional benefits for kids. The roti offers complex carbohydrates, while dal contributes protein and essential nutrients. Gobhi is a good source of vitamins, fiber, and antioxidants, supporting overall health. Aloo adds carbohydrates and important minerals. Together, these ingredients create a balanced meal, providing energy, promoting growth, and supporting various bodily functions. The combination of flavors and textures can also make it a palatable and enjoyable option for kids, helping instill healthy eating habits from a young age.
08/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana	Calories:116 C: 27 P:1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Dal parantha with 1/2 tsp ghee + curd + cucumber & carrot sticks	Calories:360 P: 13 C: 58 F:9	Dal parantha paired with ghee and curd forms a nutritionally rich meal tailored for preschool kids. Dal, a good source of plant-based protein and essential nutrients, contributes to their growth and development. Whole wheat parantha offers complex carbohydrates, ensuring sustained energy release. The addition of ghee provides healthy fats, while curd introduces calcium for strong bones and probiotics that support digestive health. This combination not only caters to the taste preferences of young children but also ensures a well-rounded intake of proteins, carbohydrates, fats, and essential vitamins, fostering their overall well-being.
09/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana and strawberry shake	Calories:198 P:9 C:32 F:2	Banana shake is a delightful and nutritious treat. Blending these fruits creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers.
Lunch	Sambhar + idly/uttapam + coconut chutney + cucumber carrot sticks	Calories : 300 Protein: 9 Carbs: 36 Fats: 13	Sambhar, utthapam, and coconut chutney collectively provide a well-rounded nutritional boost for kids. The sambhar is prepared from lentils and an array of vegetables, offers a rich source of protein, fiber, and essential vitamins, promoting overall growth and development. Idly, being a fermented rice and lentil pancake, adds easily digestible carbohydrates. Meanwhile, the coconut chutney not only enhances flavor but also contributes healthy fats and additional nutrients. This trio forms a nutritious combination that not only satiates young appetites but also supports the diverse nutritional needs crucial for a child's well-being.
10/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Apple shake/ smoothie	Calories:190 P: 7 C: 36 F:2	Apple shake offers several health benefits for kids. Apples are rich in fiber, vitamins, and antioxidants. When blended into a shake, they provide a delicious and hydrating way for kids to consume essential nutrients. The natural sugars in apples offer a quick energy boost, and the fiber supports digestion. Including dairy or a plant-based alternative in the shake adds calcium and protein, promoting overall growth and development in a tasty and kid-friendly way.
Lunch	Healthy burger : whole wheat bun, Rajma & potato cutlet + healthy curd dip + cucumber sticks	Calories:303 C:51 P:12 F: 6	Healthy burger featuring rajma tikki and curd dip offers a nutritious delight for preschool kids. The rajma tikki, made from kidney beans, provides a protein punch essential for growth, along with fiber for digestive health. The curd dip not only enhances flavor but also introduces calcium for strong bones and probiotics that support a healthy gut. This combination caters to young taste preferences while delivering a balance of proteins, carbohydrates, and beneficial nutrients crucial for the development and well-being of preschoolers.



# WEEKLY MEAL PLANNER

WEEK: 7

13/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 apple / banana shake	Calories:198 P:9 C:32 F:2	Banana shake is a delightful and nutritious treat. Blending this fruit creates a tasty concoction rich in vitamins, minerals, and antioxidants. It's a refreshing way to provide essential nutrients to preschoolers.
Lunch	Bell pepper millet pasta	This meal provided about 405kcal. This meal provides 16 gm protein, 56gm carbs & 13gm good quality fat.	Millet pasta is a healthier alternative of regular pasta, it has a lower glycemic index compared to traditional pasta. Sauce of this dish is made with the goodness of bell peppers, cashew & little milk. Cashews are rich in iron, zinc, magnesium & packed with antioxidants. Bell peppers are an excellent source of vitamin C, supports immune function and skin health.
14/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with carrot sticks / cucumber sticks	Calories:203 C:20 P:6 F:11	Homemade hummus paired with cucumber and carrot sticks is a nutritious snack for preschoolers. The chickpeas in hummus provide protein and fiber, supporting growth and digestion. Cucumber and carrots add vitamins and crunch, enhancing the overall nutritional value. This combo offers a tasty way for kids to enjoy vegetables while promoting a balanced and wholesome diet.
Lunch	Black channa tikkis with sauteed veggies thick hung curd mint chutney & cucumber sticks	Calories:361 P: 15 C:55 F:9	Black channa tikki with curd chutney has many nutritional benefits for preschool kids. Black chickpeas (kala chana) in the tikki are a good source of protein, iron, fiber, and other essential minerals, supporting muscle development and overall growth. The tikki is prepared with wholesome ingredients, which provides sustained energy for active youngsters. Curd chutney, made from yogurt, adds calcium for bone health and probiotics for a healthy digestive system. Together, this combination offers a balanced mix of nutrients, promoting a well-rounded diet for preschoolers. The flavorsome tikki and chutney also make it a kid friendly meal, encouraging healthy eating habits from a young age.
15/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	2 dates + 1 apple / chickoo	Calories:167 P:1 C:40 F:1	Combining dates and chickoo (sapodilla) provides a nutritious and energy-packed treat for kids. Dates offer natural sweetness, fiber, and essential minerals, while chickoo adds vitamins, fiber, and a creamy texture. This duo supports digestion, provides sustained energy, and delivers essential nutrients for growth, making it a wholesome and delicious snack for kids. As with any food, moderation is important to maintain a balanced diet.
Lunch	Paneer rice + curd + cucumber & 2 beetroot sticks	Calories:436 P:20, C:46 F:19	Paneer, or Indian cottage cheese, is a good source of protein and calcium, supporting muscle development and bone health. Rice provides carbohydrates for energy, and when paired with paneer, it creates a balanced meal. Curd, or yogurt, in the dish contributes probiotics for a healthy digestive system and additional calcium for bone strength. The combination of these ingredients offers a mix of macronutrients and micronutrients essential for growing children. This wholesome meal not only satisfies their taste buds but also helps meet their nutritional needs, promoting overall well-being.
16/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 banana / banana shake	Calories:116 C:27 P:1.3 F:0.4	Bananas are a nutritious choice for preschoolers, providing vital nutrients such as potassium, fiber, and essential vitamins. They support heart health, aid digestion, and offer a natural energy boost with their convenient and kid-friendly appeal.
Lunch	Bhindi wrap 1/2 tsp ghee with 1 katori curd + cucumber sticks	Calories:300 C:41 P:13 F: 10	Bhindi (okra) wrap with curd presents a nutritionally wholesome option for preschool kids. Bhindi, packed with fiber and vitamins A and C, supports healthy digestion and boosts immune function. The whole wheat wrap contributes complex carbohydrates for sustained energy and additional fiber. Pairing it with curd introduces essential calcium for bone development, protein for growth, and probiotics promoting good gut health. This combination not only caters to young taste buds but also ensures a well-rounded intake of nutrients crucial for their overall growth and well-being.
17/05/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Apple shake/ smoothie	Calories:190 P: 7 C:36 F:2	Apple shake offers several health benefits for kids. Apples are rich in fiber, vitamins, and antioxidants. When blended into a shake, they provide a delicious and hydrating way for kids to consume essential nutrients. The natural sugars in apples offer a quick energy boost, and the fiber supports digestion. Including dairy or a plant-based alternative in the shake adds calcium and protein, promoting overall growth and development in a tasty and kid-friendly way.
Lunch	Pulao with potato + curd + cucumber sticks	Calories:307 P:15 C:47 F:7	Pulao with curd presents a wholesome and nutritious meal for kids. The combination contributes to a well-rounded intake of essential nutrients, including fiber for healthy digestion and vitamins like A and C for immune support. Pairing it with curd not only introduces calcium for strong bones but also provides probiotics, fostering a healthy gut. Beyond the nutritional benefits, the mata pulao with curd offers a delightful mix of textures and flavours, making it a tasty and appealing option for children.

Note: The food item is subject to change depending on its availability in the market and the seasonal advantages.