



WEEKLY MEAL PLANNER

WEEK: 14

01/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Mango shake	Calories:162 P:5 F:2 C:31	Mango shake crafted from fresh mango, milk, and a touch of high-quality honey offers a plethora of health benefits for children. Bursting with essential vitamins like A and C from the mangoes, it promotes strong immunity, healthy vision, and skin. The addition of milk provides calcium for bone development and protein for muscle growth, while honey offers a natural sweetness without excessive added sugar, ensuring a nutritious and delicious snack that keeps kids energised and satisfied.
Lunch	Beetroot pasta (Millet pasta) + chickpea salad with lemon honey dressing	Calories: 309 P:13 F:9 C: 44	Beetroot millet pasta offers a nutritious twist to traditional pasta, packed with health benefits for kids. The addition of beetroot provides a vibrant colour and a dose of antioxidants, promoting overall immune health. Millets are rich in fibre, aiding digestion, and low glycemic index, helping to regulate blood sugar levels. This wholesome dish is not only delicious but also contributes to their calcium, iron, and fibre needs for optimal growth and development.
02/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Muskmelon - 1 cup	Calories:61 P:0.9 F:0 C:15	Muskmelon, also known as cantaloupe, is a refreshing and nutritious fruit for kids. Packed with vitamins A and C, it supports healthy vision, skin, and immune function, crucial for growing bodies. Its high water content helps keep kids hydrated, especially during hot weather or after physical activity. Additionally, muskmelon provides essential minerals like potassium, promoting heart health and muscle function in children.
Lunch	Pea carrot pulao with potato + cucumber beetroot curd + cucumber sticks	Calories:280 P:15 F:7 C:39	Pea carrot pulao with potatoes and curd offers a wholesome meal packed with nutritional benefits for kids. Carrots provide beta-carotene for eye health, while peas offer fibre and plant-based protein essential for digestion and muscle development. Potatoes contribute potassium for heart health and energy, while curd provides calcium and probiotics for strong bones and a healthy gut. This flavourful dish not only satisfies hunger but also supports overall growth and well-being in children. Rice is a good source of energy for kids due to its high carbohydrate content. It's easy to digest & also provides essential nutrients like vitamins, minerals, and dietary fibre important for their growth and development.
03/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana chocolate milkshake	Calories:198 P:6 F:2 C:38	Banana cocoa milkshake without added sugar is a nutritious treat for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while cocoa powder provides antioxidants that support brain health. The absence of added sugar helps regulate blood sugar levels and reduces the risk of dental issues. This delicious shake offers a natural sweetness and a dose of essential nutrients, making it a guilt-free and energising snack for children.
Lunch	Paneer ragi wrap	Calories:334 P:19 F:17 C:27	This paneer ragi wrap with veggies is a nutritious meal option for kids, offering a range of health benefits. Paneer provides protein and calcium, essential for growing bones and muscles. Ragi flour adds fibre, aiding digestion and promoting a feeling of fullness. The inclusion of colourful veggies boosts vitamins, minerals, and antioxidants, supporting overall immunity and well-being. This tasty wrap is not only satisfying but also contributes to their nutritional needs for optimal growth and development.
04/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 Banana	Calories:105 P: 1.3 F: 0.4 C: 27	Bananas offer numerous health benefits due to their rich nutrient profile. They are high in potassium, which supports heart health and helps regulate blood pressure. Additionally, bananas contain fibre, which aids digestion and promotes a feeling of fullness, making them a great snack for weight management. They are also a good source of vitamins C and B6, which support immune function and brain health, respectively. Plus, bananas provide natural energy from carbohydrates, making them an excellent choice for a pre-workout or post-workout snack. Overall, incorporating bananas into your diet can contribute to overall health and well-being.
Lunch	Kadhi with veggies + jeera rice + cucumber sticks/ okra sabzi	Calories:300 P:14 F:8 C:43	Kadhi chawal with cucumber sticks offers a balanced and nutritious meal for kids. The yogurt-based kadhi provides probiotics for a healthy gut and is rich in protein, essential for growth and development. Cucumber sticks offer hydration and are low in calories, while also providing vitamins and minerals such as vitamin K and potassium. Together, this meal supports digestion, hydration, and overall well-being in children.
05/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Pineapple & coconut milk - pina colada (or milk) / 1 apple	Calories:254 P:2 F:2 C:50	A pineapple and coconut milk pina colada without added sugar is a delightful and healthy treat for kids. Pineapples are packed with vitamin C, supporting immune function and skin health, while coconut milk provides healthy fats and electrolytes, aiding in hydration. This refreshing beverage is naturally sweetened by the pineapple, offering a tropical flavor without the need for refined sugars. Plus, it's a great way to sneak in extra vitamins and minerals into your child's diet while keeping them hydrated and satisfied.
Lunch	Whole wheat bun, sweet potato tikki + healthy chickpea coleslaw + cucumber sticks	Calories: 320 P:13 F:10 C: 45	Whole wheat bun and sweet potato tikki paired with chickpea salad is a wholesome and nutritious meal for kids. Sweet potatoes are rich in vitamins A and C, promoting immune health and vision, while whole wheat provides fibre for digestion and sustained energy. The chickpea salad offers plant-based protein, essential for muscle growth and repair, along with additional fibre and minerals. Together, this combination provides a balance of carbohydrates, protein, and vitamins, supporting overall health and well-being in children.



WEEKLY MEAL PLANNER

WEEK: 15

08/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Potato chaat with curd, chutney & anaar	Calories:183 P:7 F:8 C:22	Non-fried potato curd and pomegranate (anaar) chaat is a healthy and flavorful snack for kids with numerous benefits. Potatoes provide energy-boosting carbohydrates, while the curd offers calcium for strong bones and probiotics for gut health. Pomegranate seeds are rich in antioxidants, which support immune function and heart health. Additionally, this snack is low in unhealthy fats and sugars, making it a nutritious option that satisfies hunger while providing essential nutrients for growing kids.
Lunch	Rajma + rice + curd + beetroot & cucumber sticks	Calories:350 P:17 F:8 C:50	Rajma rice paired with curd and cucumber beetroot sticks offers a well-rounded meal with several health benefits for kids. Rajma (kidney beans) is rich in protein and fibre, promoting muscle growth and aiding digestion. The combination of rice and beans provides a complete source of essential amino acids for optimal growth and development. Curd provides calcium and probiotics for bone health and gut function, while cucumber and beetroot sticks offer hydration, vitamins, and antioxidants, supporting overall immunity and well-being in children.
09/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 apple	Calories: 95 P:0.5 F:0.2 C:25	Apples are a nutritious fruit for kids, offering numerous health benefits. They are rich in dietary fibre, which aids digestion and promotes a feeling of fullness, helping to regulate appetite and prevent overeating. Apples also contain vitamins C and A, which support immune function and vision health. Additionally, the antioxidants found in apples may help reduce the risk of chronic diseases and contribute to overall well-being in children.
Lunch	Curd burani (brinjal raita) + Roti + Mix vegetable sabzi	Calories:295 P:8 F:14 C:35	Curd burani with chapati and mixed vegetables is a wholesome and nutritious meal for kids. The curd offers calcium and probiotics, promoting strong bones and a healthy gut. Chapati provides fibre and vitamins, while mixed vegetables offer a variety of nutrients such as vitamins, minerals, and antioxidants, supporting overall immunity and growth in children. This balanced combination of ingredients ensures a nourishing and delicious meal for young ones.
10/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Watermelon drink	Calories:101 P: Fat: C:25	Watermelon drink made with watermelon, lemon juice, mint leaves, and a pinch of salt offers several health benefits for kids. Watermelon is hydrating and rich in vitamins A and C, supporting immune function and skin health. Lemon juice provides vitamin C and adds a refreshing citrus flavour, while mint leaves aid digestion and add a refreshing taste. The pinch of salt helps replenish electrolytes lost through sweating, making this drink a refreshing and nutritious choice for kids, especially during hot weather or after physical activity.
Lunch	Shahi paneer (healthy version) + roti + cucumber sticks	Calories:285 P:16 F:13 C:26	Shahi paneer made without cream and served with roti offers a nutritious meal option for kids. Paneer is a good source of protein and calcium, essential for growing bones and muscles. Roti provides complex carbohydrates for sustained energy, while the absence of cream reduces saturated fat intake. This balanced meal supports growth and development while being lighter on the stomach, making it a healthier choice for kids.
11/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake made without added sugar offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing vitamins and minerals like vitamin C and B6. The natural sweetness of bananas eliminates the need for additional sugars, making it a healthier option. This shake is not only delicious but also provides energy and essential nutrients for growing children, making it a nutritious and satisfying snack or meal addition.
Lunch	Sandwich with potato dal cutlet + mint chutney with hung curd (dip) + salad (chopped cucumber, onion, tomato with curd dressing)	Calories:312 P:15 F:8 C:45	Dal potato whole wheat sandwich offers a nutritious and filling meal option for kids. The combination of dal (lentils) and potatoes provides a good balance of protein, complex carbohydrates, and essential vitamins and minerals. Lentils are rich in fibre, aiding digestion and promoting satiety, while potatoes offer potassium and vitamin C. This sandwich provides sustained energy and supports overall growth and development in children, making it a healthy and satisfying choice for a meal or snack.
12/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Muskmelon - 1 cup / lychee 5-6	Calories:61 P:0.9 F:0 C:15	Lychees are a delicious and nutritious fruit for kids, offering several health benefits. They are rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Lychees also contain antioxidants like flavonoids and polyphenols, which may help reduce the risk of chronic diseases and inflammation. Additionally, their natural sweetness makes them a tasty alternative to sugary snacks, providing energy and essential nutrients for growing bodies. Musk melon, also known as cantaloupe, provides several health benefits for kids. It is rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Musk melon also contains electrolytes like potassium, aiding in hydration and muscle function. Additionally, its high water content helps keep kids hydrated, especially during hot weather, while its natural sweetness makes it a delicious and nutritious snack option for children.
Lunch	Pepper paneer with rice & vegetable bowl + cucumber sticks	Calories:315 P:13 F:10 C:43	Pepper paneer served with rice and vegetables offers a nutritious and balanced meal for kids. Paneer is a good source of protein and calcium, essential for muscle growth and bone development. Peppers provide vitamins A and C, supporting immune function and vision health. Combined with rice and vegetables, this dish provides a variety of nutrients, fibre, and energy, promoting overall health and well-being in children.



WEEKLY MEAL PLANNER

WEEK: 16

15/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Mango banana yoghurt with almond powder (optional)	Calories: 235 P:8 F:3 C:43	Mango yoghurt with almond powder is a delicious and nutritious snack for kids. Mangoes are rich in vitamins A and C, which support immune function and skin health, while yoghurt provides probiotics for a healthy gut. Almond powder adds protein, healthy fats, and essential nutrients like vitamin E, promoting growth and brain development in children. This wholesome snack offers a combination of vitamins, minerals, and antioxidants, making it a satisfying and nourishing choice for kids.
Lunch	Idli + sambhar + coconut chutney + cucumber sticks & beetroot sticks	Calories:300 P:9 F:13 C:37	Idli served with sambhar and coconut chutney offers a well-rounded and nutritious meal for kids. Idli, made from fermented rice and lentil batter, provides easily digestible carbohydrates and protein. Sambhar, a lentil-based stew with vegetables, offers additional protein, fibre, and essential vitamins and minerals. Coconut chutney provides healthy fats and antioxidants, supporting overall immunity and brain health in children. This traditional South Indian meal is not only delicious but also provides a balanced combination of nutrients for growing kids.
16/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing essential vitamins like vitamin C and B6. The natural sugars in bananas provide a quick source of energy, making this shake an excellent choice for a pre- or post-activity snack. Additionally, the fibre in bananas helps promote healthy digestion, making it a nutritious and satisfying option for children.
Lunch	Healthy burger with black channa & potato tikki + beetroot & cucumber stick	Calories:303 P:12 F:6 C:51	A healthy burger made with black channa potato tikki offers several health benefits for kids. Black channa (black chickpeas) is rich in protein and fibre, promoting muscle growth, digestion, and satiety. Potatoes provide carbohydrates for energy and are a good source of vitamins and minerals. By using whole wheat buns and adding plenty of veggies, this burger becomes a nutritious and satisfying meal option for kids, supporting their overall health and well-being.
17/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Muskmelon - 1 cup / 1 banana	Calories:61 P:0.9 F:0 C:15	Muskmelon, also known as cantaloupe, provides several health benefits for kids. It is rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Muskmelon also contains electrolytes like potassium, aiding in hydration and muscle function. Additionally, its high water content helps keep kids hydrated, especially during hot weather, while its natural sweetness makes it a delicious and nutritious snack option for children. Banana shake offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing essential vitamins like vitamin C and B6. The natural sugars in bananas provide a quick source of energy, making this shake an excellent choice for a pre- or post-activity snack. Additionally, the fibre in bananas helps promote healthy digestion, making it a nutritious and satisfying option for children.
Lunch	Aloo gobi sabzi with roti + curd + cucumber sticks	Calories: 240 P:10 F:9 C:31	Aloo gobi served with roti and curd offers a nutritious meal for kids. Potatoes are rich in carbohydrates for energy, while cauliflower provides vitamins C and K, supporting immune function and bone health. Roti adds fibre and essential nutrients, aiding digestion and providing sustained energy. Curd provides calcium and probiotics, promoting strong bones and a healthy gut. Together, this meal offers a balance of carbohydrates, protein, and vitamins, supporting overall health and growth in children.
18/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 apple + healthy chocolate spread	Calories:250 P:5 F:13 C:29	Pairing apple slices with a healthy chocolate spread offers a nutritious and delicious snack option for kids. Apples are rich in fibre, vitamins, and antioxidants, supporting digestive health and boosting immunity. The healthy chocolate spread, made with natural ingredients like cocoa and nuts, provides healthy fats and antioxidants, promoting heart health and brain function. Together, this combination satisfies sweet cravings while providing essential nutrients for growing children, making it a guilt-free and enjoyable snack choice.
Lunch	Red sauce pasta + chickpea salad	Calories:256 P:12 F:3 C:47	Red sauce healthy millet pasta paired with chickpea salad offers a nourishing meal for kids. Millet pasta provides complex carbohydrates and fibre, promoting sustained energy and digestive health. The red sauce, made from tomatoes, is rich in lycopene and vitamins, supporting heart health and immunity. Chickpea salad adds plant-based protein, fibre, and essential nutrients, aiding muscle development and overall growth. Together, this combination provides a balanced meal that supports optimal nutrition and well-being in children.
19/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with cucumber sticks / 1 apple	Calories:154 P:9 F:8 C:12	Hummus served with cucumber sticks offers a nutritious and tasty snack for kids. Hummus, made from chickpeas, provides plant-based protein, fibre, and essential vitamins and minerals, supporting muscle growth and overall health. Cucumber sticks are hydrating and low in calories, while also providing vitamins and antioxidants that promote skin health and immunity. This combination makes for a satisfying and balanced snack that fuels energy and provides essential nutrients for growing children.
Lunch	Black dal + rice/ roti + cucumber sticks & 2 cherry tomatoes + curd	Calories:320 P:12 F:8 C:50	Black dal served with ghee roti, curd, cherry tomatoes, and cucumber sticks offers a well-rounded and nutritious meal for kids. Black dal is rich in protein, fibre, and essential nutrients, supporting muscle growth, digestion, and overall health. Ghee roti provides carbohydrates for energy, while the addition of ghee adds healthy fats and vitamins. Curd offers calcium and probiotics for strong bones and a healthy gut, while cherry tomatoes and cucumber sticks provide hydration, vitamins, and antioxidants. Together, this meal provides a balanced combination of nutrients that support optimal growth, development, and well-being in children.



WEEKLY MEAL PLANNER

WEEK: 17

22/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Watermelon drink	Calories:101 P: F: C:25	Watermelon drink made with watermelon, lemon juice, mint leaves, and a pinch of salt offers several health benefits for kids. Watermelon is hydrating and rich in vitamins A and C, supporting immune function and skin health. Lemon juice provides vitamin C and adds a refreshing citrus flavour, while mint leaves aid digestion and add a refreshing taste. The pinch of salt helps replenish electrolytes lost through sweating, making this drink a refreshing and nutritious choice for kids, especially during hot weather or after physical activity.
Lunch	Shahi paneer (healthy version) + roti + cucumber sticks	Calories:285 P:16 F:13 C:26	Shahi paneer made without cream and served with roti offers a nutritious meal option for kids. Paneer is a good source of protein and calcium, essential for growing bones and muscles. Roti provides complex carbohydrates for sustained energy, while the absence of cream reduces saturated fat intake. This balanced meal supports growth and development while being lighter on the stomach, making it a healthier choice for kids.
23/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 banana	Calories:105 P:1.3 F:0.4 C:27	Bananas offer numerous health benefits due to their rich nutrient profile. They are high in potassium, which supports heart health and helps regulate blood pressure. Additionally, bananas contain fibre, which aids digestion and promotes a feeling of fullness, making them a great snack for weight management. They are also a good source of vitamins C and B6, which support immune function and brain health, respectively. Plus, bananas provide natural energy from carbohydrates, making them an excellent choice for a pre-workout or post-workout snack. Overall, incorporating bananas into your diet can contribute to overall health and well-being.
Lunch	Rajma + rice + curd + beetroot & cucumber sticks	Calories:303 P:12 F:6 C:51	Rajma rice paired with curd and cucumber beetroot sticks offers a well-rounded meal with several health benefits for kids. Rajma (kidney beans) is rich in protein and fibre, promoting muscle growth and aiding digestion. The combination of rice and beans provides a complete source of essential amino acids for optimal growth and development. Curd provides calcium and probiotics for bone health and gut function, while cucumber and beetroot sticks offer hydration, vitamins, and antioxidants, supporting overall immunity and well-being in children.
24/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Mango shake	Calories:162 P:5 F:2 C:31	Mango shake crafted from fresh mango, milk, and a touch of high-quality honey offers a plethora of health benefits for children. Bursting with essential vitamins like A and C from the mangoes, it promotes strong immunity, healthy vision, and skin. The addition of milk provides calcium for bone development and protein for muscle growth, while the honey offers natural sweetness without excessive added sugars, ensuring a nutritious and delicious snack that keeps kids energized and satisfied.
Lunch	Kadhi with veggies + jeera rice +cucumber sticks/ okra sabzi	Calories:300 P:14 F:8 C:43	Kadhi chawal with cucumber sticks offers a balanced and nutritious meal for kids. The yoghurt-based kadhi provides probiotics for a healthy gut and is rich in protein, essential for growth and development. Cucumber sticks offer hydration and are low in calories, while also providing vitamins and minerals such as vitamin K and potassium. Together, this meal supports digestion, hydration, and overall well-being in children.
25/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake made without added sugar offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing vitamins and minerals like vitamin C and B6. The natural sweetness of bananas eliminates the need for additional sugars, making it a healthier option. This shake is not only delicious but also provides energy and essential nutrients for growing children, making it a nutritious and satisfying snack or meal addition.
Lunch	Whole wheat bun, sweet potato tikki + healthy chickpea coleslaw + cucumber sticks	Calories: 320 P:13 F:10 C:45	Whole wheat bun and sweet potato tikki paired with chickpea salad is a wholesome and nutritious meal for kids. Sweet potatoes are rich in vitamins A and C, promoting immune health and vision, while whole wheat provides fibre for digestion and sustained energy. The chickpea salad offers plant-based protein, essential for muscle growth and repair, along with additional fibre and minerals. Together, this combination provides a balance of carbohydrates, protein, and vitamins, supporting overall health and well-being in children.
26/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Potato chaat with curd, chutney & anaar	Calories:183 P:7 F:8 C:22	Non-fried potato curd and pomegranate (anaar) chaat is a healthy and flavorful snack for kids with numerous benefits. Potatoes provide energy-boosting carbohydrates, while the curd offers calcium for strong bones and probiotics for gut health. Pomegranate seeds are rich in antioxidants, which support immune function and heart health. Additionally, this snack is low in unhealthy fats and sugars, making it a nutritious option that satisfies hunger while providing essential nutrients for growing kids.
Lunch	Paneer ragi wrap	Calories:334 P:19 F:17 C:27	This paneer ragi wrap with veggies is a nutritious meal option for kids, offering a range of health benefits. Paneer provides protein and calcium, essential for growing bones and muscles. Ragi flour adds fibre, aiding digestion and promoting a feeling of fullness. The inclusion of colourful veggies boosts vitamins, minerals, and antioxidants, supporting overall immunity and well-being. This tasty wrap is not only satisfying but also contributes to their nutritional needs for optimal growth and development.



WEEKLY MEAL PLANNER

WEEK: 18

29/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Hummus with cucumber sticks / 1 apple	Calories:154 P:9 F:8 C:12	Hummus served with cucumber sticks offers a nutritious and tasty snack for kids. Hummus, made from chickpeas, provides plant-based protein, fibre, and essential vitamins and minerals, supporting muscle growth and overall health. Cucumber sticks are hydrating and low in calories, while also providing vitamins and antioxidants that promote skin health and immunity. This combination makes for a satisfying and balanced snack that fuels energy and provides essential nutrients for growing children.
Lunch	Pepper paneer with rice & vegetable bowl + cucumber sticks	Calories:315 P:13 F:10 C:43	Pepper paneer served with rice and vegetables offers a nutritious and balanced meal for kids. Paneer is a good source of protein and calcium, essential for muscle growth and bone development. Peppers provide vitamins A and C, supporting immune function and vision health. Combined with rice and vegetables, this dish provides a variety of nutrients, fibre, and energy, promoting overall health and well-being in children.
30/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Muskmelon - 1 cup	Calories:61 P:0.9 F:0 C:15	Muskmelon, also known as cantaloupe, is a refreshing and nutritious fruit for kids. Packed with vitamins A and C, it supports healthy vision, skin, and immune function, crucial for growing bodies. Its high water content helps keep kids hydrated, especially during hot weather or after physical activity. Additionally, muskmelon provides essential minerals like potassium, promoting heart health and muscle function in children.
Lunch	Beetroot pasta (Millet pasta) + chickpea salad with lemon honey dressing	Calories: 309 P:13 F:9 C:44	Beetroot millet pasta offers a nutritious twist to traditional pasta, packed with health benefits for kids. The addition of beetroot provides a vibrant colour and a dose of antioxidants, promoting overall immune health. Millets are rich in fibre, aiding digestion, and low glycemic index, helping to regulate blood sugar levels. This wholesome dish is not only delicious but also contributes to their calcium, iron, and fibre needs for optimal growth and development.
31/07/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Mango shake	Calories:162 P:5 F:2 C:31	Mango shake crafted from fresh mango, milk, and a touch of high-quality honey offers a plethora of health benefits for children. Bursting with essential vitamins like A and C from the mangoes, it promotes strong immunity, healthy vision, and skin. The addition of milk provides calcium for bone development and protein for muscle growth, while the honey offers natural sweetness without excessive added sugars, ensuring a nutritious and delicious snack that keeps kids energized and satisfied.
Lunch	Sandwich with potato dal cutlet + mint chutney with hung curd (dip) lettuce + salad (chopped cucumber, onion, tomato with curd dressing)	Calories:312 P:15 F:8 C:45	Dal potato whole wheat sandwich offers a nutritious and filling meal option for kids. The combination of dal (lentils) and potatoes provides a good balance of protein, complex carbohydrates, and essential vitamins and minerals. Lentils are rich in fibre, aiding digestion and promoting satiety, while potatoes offer potassium and vitamin C. This sandwich provides sustained energy and supports overall growth and development in children, making it a healthy and satisfying choice for a meal or snack.
01/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing essential vitamins like vitamin C and B6. The natural sugars in bananas provide a quick source of energy, making this shake an excellent choice for a pre-or post-activity snack. Additionally, the fibre in bananas helps promote healthy digestion, making it a nutritious and satisfying option for children.
Lunch	Curd burani (brinjal raita) + roti + mix vegetable sabzi	Calories:295 P:8 F:14 C:35	Curd burani with chapati and mixed vegetables is a wholesome and nutritious meal for kids. The curd offers calcium and probiotics, promoting strong bones and a healthy gut. Brinjal chapati provides fibre and vitamins, while mixed vegetables offer a variety of nutrients such as vitamins, minerals, and antioxidants, supporting overall immunity and growth in children. This balanced combination of ingredients ensures a nourishing and delicious meal for young ones.
02/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 apple	Calories: 95 P:0.5 F:0.2 C:25	Apples are a nutritious fruit for kids, offering numerous health benefits. They are rich in dietary fibre, which aids digestion and promotes a feeling of fullness, helping to regulate appetite and prevent overeating. Apples also contain vitamins C and A, which support immune function and vision health. Additionally, the antioxidants found in apples may help reduce the risk of chronic diseases and contribute to overall well-being in children.
Lunch	Pea carrot pulao with potato + cucumber beetroot curd + cucumber sticks	Calories:280 P:15 F:7 C:39	Pea carrot pulao with potatoes and curd offers a wholesome meal packed with nutritional benefits for kids. Carrots provide beta-carotene for eye health, while peas offer fibre and plant-based protein essential for digestion and muscle development. Potatoes contribute potassium for heart health and energy, while curd provides calcium and probiotics for strong bones and a healthy gut. This flavourful dish not only satisfies hunger but also supports overall growth and well-being in children. Rice is a good source of energy for kids due to its high carbohydrate content. It's easy to digest & also provides essential nutrients like vitamins, minerals, and dietary fibre important for their growth and development.



WEEKLY MEAL PLANNER

WEEK: 19

05/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	1 apple + healthy chocolate spread	Calories:250 P:5 F:13 C:29	Pairing apple slices with a healthy chocolate spread offers a nutritious and delicious snack option for kids. Apples are rich in fibre, vitamins, and antioxidants, supporting digestive health and boosting immunity. The healthy chocolate spread, made with natural ingredients like cocoa and nuts, provides healthy fats and antioxidants, promoting heart health and brain function. Together, this combination satisfies sweet cravings while providing essential nutrients for growing children, making it a guilt-free and enjoyable snack choice.
Lunch	Black dal + rice/ roti + cucumber sticks & 2 cherry tomatoes + curd	Calories:320 P:12 F:8 C:50	Black dal served with ghee roti, curd, cherry tomatoes, and cucumber sticks offers a well-rounded and nutritious meal for kids. Black dal is rich in protein, fibre, and essential nutrients, supporting muscle growth, digestion, and overall health. Ghee roti provides carbohydrates for energy, while the addition of ghee adds healthy fats and vitamins. Curd offers calcium and probiotics for strong bones and a healthy gut, while cherry tomatoes and cucumber sticks provide hydration, vitamins, and antioxidants. Together, this meal provides a balanced combination of nutrients that support optimal growth, development, and well-being in children.
06/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Muskmelon - 1 cup / lychee 5-6	Calories:61 P:0.9 F:0 C:15	Muskmelon, also known as cantaloupe, provides several health benefits for kids. It is rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Muskmelon also contains electrolytes like potassium, aiding in hydration and muscle function. Additionally, its high water content helps keep kids hydrated, especially during hot weather, while its natural sweetness makes it a delicious and nutritious snack option for children. Lychees are a delicious and nutritious fruit for kids, offering several health benefits. They are rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Lychees also contain antioxidants like flavonoids and polyphenols, which may help reduce the risk of chronic diseases and inflammation. Additionally, their natural sweetness makes them a tasty alternative to sugary snacks, providing energy and essential nutrients for growing bodies.
Lunch	Healthy burger with black channa & potato tikki + beetroot & cucumber sticks	Calories:303 P:12 F:6 C:51	A healthy burger made with black channa potato tikki offers several health benefits for kids. Black channa (black chickpeas) is rich in protein and fibre, promoting muscle growth, digestion, and satiety. Potatoes provide carbohydrates for energy and are a good source of vitamins and minerals. By using whole wheat buns and adding plenty of veggies, this burger becomes a nutritious and satisfying meal option for kids, supporting their overall health and well-being.
07/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Mango banana yoghurt with almond powder (optional)	Calories: 235 P:8 F:3 C:43	Mango yoghurt with almond powder is a delicious and nutritious snack for kids. Mangoes are rich in vitamins A and C, which support immune function and skin health, banana is high in potassium, which supports heart health and helps regulate blood pressure, while yoghurt provides probiotics for a healthy gut. Almond powder adds protein, healthy fats, and essential nutrients like vitamin E, promoting growth and brain development in children. This wholesome snack offers a combination of vitamins, minerals, and antioxidants, making it a satisfying and nourishing choice for kids.
Lunch	Idli + sambhar + coconut chutney + cucumber sticks & beetroot sticks	Calories:300 P:9 F:13 C:37	Idli served with sambhar and coconut chutney offers a well-rounded and nutritious meal for kids. Idli, made from fermented rice and lentil batter, provides easily digestible carbohydrates and protein. Sambhar, a lentil-based stew with vegetables, offers additional protein, fibre, and essential vitamins and minerals. Coconut chutney provides healthy fats and antioxidants, supporting overall immunity and brain health in children. This traditional South Indian meal is not only delicious but also provides a balanced combination of nutrients for growing kids.
08/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Muskmelon - 1 cup / lychee 5-6	Calories:61 P:0.9 F:0 C:15	Muskmelon, also known as cantaloupe, provides several health benefits for kids. It is rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Muskmelon also contains electrolytes like potassium, aiding in hydration and muscle function. Additionally, its high water content helps keep kids hydrated, especially during hot weather, while its natural sweetness makes it a delicious and nutritious snack option for children. Lychees are a delicious and nutritious fruit for kids, offering several health benefits. They are rich in vitamin C, which supports immune function and skin health, helping to keep children healthy. Lychees also contain antioxidants like flavonoids and polyphenols, which may help reduce the risk of chronic diseases and inflammation. Additionally, their natural sweetness makes them a tasty alternative to sugary snacks, providing energy and essential nutrients for growing bodies.
Lunch	Red sauce pasta + chickpea salad	Calories:256 P:12 F:3 C:47	Red sauce healthy millet pasta paired with chickpea salad offers a nourishing meal for kids. Millet pasta provides complex carbohydrates and fibre, promoting sustained energy and digestive health. The red sauce, made from tomatoes, is rich in lycopene and vitamins, supporting heart health and immunity. Chickpea salad adds plant-based protein, fibre, and essential nutrients, aiding muscle development and overall growth. Together, this combination provides a balanced meal that supports optimal nutrition and well-being in children.
09/08/2024	MEAL	CALORIFIC VALUE	NUTRITIONAL VALUE
Midday	Banana shake / 1 banana	Calories:276 P:9 F:8 C:41	Banana shake offers numerous health benefits for kids. Bananas are rich in potassium, aiding in heart health and muscle function, while also providing essential vitamins like vitamin C and B6. The natural sugars in bananas provide a quick source of energy, making this shake an excellent choice for a pre-or post-activity snack. Additionally, the fibre in bananas helps promote healthy digestion, making it a nutritious and satisfying option for children.
Lunch	Aloo gobhi sabzi with roti + curd + cucumber sticks	Calories: 240 P:10 F:9 C:31	Aloo gobhi served with roti and curd offers a nutritious meal for kids. Potatoes are rich in carbohydrates for energy, while cauliflower provides vitamins C and K, supporting immune function and bone health. Roti adds fibre and essential nutrients, aiding digestion and providing sustained energy. Curd provides calcium and probiotics, promoting strong bones and a healthy gut. Together, this meal offers a balance of carbohydrates, protein, and vitamins, supporting overall health and growth in children.

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