



DELHI PUBLIC SCHOOL, HOWRAH



DPSH/1295/2023-24
31/03/2023

"Came from a plant, eat it. Made in a plant, don't."

--- Michael Pollan

Dear Parents,

Food choices are not just about nutrition. We should encourage the little ones to eat healthy not only for their nutrition but also for the sustainability of the planet by following a planetary health diet. This dietary pattern is characterized by a variety of high-quality plant-based food items and low amounts of animal-based food, refined grains, added sugars, and unhealthy fats. Basic characteristics of a planetary health diet

- low environmental impact
- nutritionally adequate, safe and healthy
- accessible, economically fair and affordable

Consuming millets or 'Sri Anna' on a regular basis will also prove to be another way to follow a planetary health diet that meets both the nutritional requirements of the children along with the ones of the earth. No wonder 2023 has been declared as the International Year of Millets by the United Nations,

VEGGIE DAY

Vegetable Roll of Chapati	Vegetable Fried Rice	Pav Bhaji
Wheat Pasta with Vegetables		Vegetable Masala Khichdi / Dalia



PROTEIN DAY

Chaana Stuffed Parantha	Soya Roll	Ragi Kheer
Luchi – Chola Dal		Sprouts Salad



CARB DAY

Vada / Idli / Dosa	Besan Chilla	Bread Pulao
Sandwich with Desired Stuffing		Bajra Parantha



FRUIT DAY

Bread and Fruit Jam	Grilled Fruit Pizza	Fruit Salad
Fruit Pudding or Yoghurt with Fruits		Homemade Fruitcake



TREAT DAY

Homemade Pizza / Burger	Chole Bhature	Rice Noodles
Steamed Momos with Whole Grain Muffin	Suji Halwa / Jowar Upma	



Please note:

- They can also bring sliced carrots or cucumbers on a regular basis along with their normal tiffin.
- During the summer season, kindly send two water bottles of glucose water and plain water.
- Kindly avoid sending packaged food items such as biscuits, cookies, wafers, chips, juice in tetra packs, etc.
- The given menu is just a handy guideline for your reference.

S Aroora

Principal