

SCHOLAR'S HIGH LUNCH MENU

SH team believes that a sound body keeps a sound mind, so we encourage children to eat full balanced diet. Students who eat full balanced diet are more likely to perform better both academically as well as in co-curricular activities. Students are able to perform better when they're well nourished. So we believe that their lunch must contain variety of seasonal fruits and vegetables, whole grains, good fats and lean proteins. So we advice them to follow the following lunch menu for their all round development

SCHOLAR'S HIGH WEEKLY LUNCH MENU					
DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK4	TRAVELLING FOOD
MONDAY	Daliya	Whole grain roti and mix veg.	Food made of maize	Veg Sandwich	Fruits
TUESDAY	Food made from rice(Kheer,paysa m)	Stuffed paratha	Mixed fruit salad.	Wheat noodles	Dry fruits
WEDNESDAY	Food made of semolina(Halwa, upmaetc)	Cottage cheese curry, chapati	Besan chilla	Roti,dal, soya pulao	Roasted nuts/ Makhana
THURSDAY	Stuffed Paratha, curry, curd.	Daliya	sproutedmoo ng, groundnut salad.	Poha, gram, chapatti.	Seasonal fruit
FRIDAY	Food made of oats	Paneer sandwich	Tomato and cucumber salad	Aaluparatha, tomato chutney	Nuts
SATURDAY	Chapati and curry	Roasted makhana	Salad	Wheat bread and Jam	Apple pears.

Disclaimer- Above lunch menu chart is for reference purpose only.
Children can bring healthy lunch according to their choice.

Note:- Junk food, chips, kurkure are not allowed in school premises.