

Suggestive meals for parents

Monday

Snacks

Sandwich/Bread with cheese or butter

Lunch

Chapatti with veggies/ idli sambar

Thursday

Snacks

Cake, biscuit, cookies

Lunch

Noodles and salad/ pancakes

Tuesday

Snacks

Fruits and cakes

Lunch

Cereal with mashed potato or salad

Friday

Snacks

fruits and biscuit

Lunch

Steamed veggies with bread or chapatti/ dalia khiichdi

Wednesday

Snacks

Poha or Upma

Lunch

Whole wheat pasta and vegetable salad/ plain dosa

