



DARSHAN ACADEMY



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ISA (2013-16)

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IDS (2022-25)

CBSE Affiliation No. 2730364

“25 Years: Sparkling Souls, Spreading Peace”

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Dear Parents

Greetings of the day!!!

“Eat right, be bright”

We whole heartedly thank you for your support & cooperation in following the lunch schedule and hope that you will continue to support by providing healthy diet as mentioned below. It is prepared keeping in view to ensure variety in meals for maximum health benefits.

Lunch Schedule

Day.	Food Items
Monday	Pulao/ Rice / Curry/Dal/ Sambhar/ Oats/ Poha/Idli /Porridge/Upma/ vermicelli/ Cheela/ Stuffed Parantha/ Vada/ Dosa
Tuesday	Chapati with Cauliflower/Pumpkin/Bitter gourd/Brinjal/ Peas/ Carrot/ Seasonal Vegetable
Wednesday	Stuffed Parantha/ Parantha with Lady finger/ Chapati with Rajma / Chole/ Rice
Thursday	Poori /Chapati with Black Gram /Potato/Beans/ Soya Bean / Spinach/ Any Paneer Vegetable
Friday	Chapati with any green vegetable (Gourd, Tinda, Cabbage, Capsicum etc.)/ Pav. Bhaji
Saturday	Food of your choice

- ✓ Stock up your child’s lunch with fresh fruits daily.
- ✓ Kindly follow the recommended dietary intake of all the food choices to ensure balanced diet.

“To eat is a necessity, but to eat intelligently is an art”

Mamta Sabharwal
Head of the School
Darshan Academy