

D/P,

1. Kindly send 1 story book/ educational game/ puzzle for class library for your ward to use.
2. Kindly send 1 extra pair of clothes in the bag everyday for any emergency.
3. It is mandatory for girls to wear black cycling shorts every day.
4. Label the shoes and other belongings of your ward.
5. To promote healthy eating habits we are providing you lunch schedule which includes "must haves" in your child's lunchbox so that your ward is able to have a balanced diet.
 - ✓ Send an apron, napkin & spoon daily.
 - ✓ Stock up your child's lunch with fresh fruits daily.

Lunch Schedule

Day.	Food Items
Mon.	Pulao/ Rice / Curry/Dal/ Sambhar/ Oats/ Poha/Idli /Porridge/Upma/ vermicelli/ Cheela/ Vada / Dosa/ Stuffed Parantha
Tue.	Chapati with Cauliflower/Pumpkin/Bitter gourd/Brinjal/ Peas/ Carrot/ Seasonal Vegetable
Wed.	Stuffed Parantha/ Parantha with Lady finger/ Chapati with Rajma / Chole/ Chapati with Green vegetable
Thurs	Poori /Chapati with Black Gram /Potato/Beans/ Soya Bean / Spinach/ Any Paneer Vegetable/ Pav. Bhaji
Fri.	Food of your choice

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