

PICT MODEL SCHOOL - MENU JULY 2025									
DATE	DAY	BREAKFAST	Total approx. Calories/Protein per serving	LUNCH	Total approx. Calories/Protein per serving	Snacks	2.5-5 yrs	6-10 yrs	10-17 yrs
01-07-2025	Tuesday	Veg Wheat Noodles + Fruit	450 kcal / 11g	Roti + Yellow Dal Tadka + Stuffed Bhindi + Plain Rice + Buttermilk	820 kcal / 25g	Oats and Jaggery Cookies	2 No.	3 No.	3 No.
02-07-2025	Wednesday	Veg Onion Cheese Ragi Uthappam + Chutney + Fruit	470 kcal/ 16g	Roti+ Rajma Masala + Potato Cabbage + Jeera Rice + Cucumber Onion salad	870kcal/26g	Banana Chips	50gm	75gm	75gm
03-07-2025	Thursday	Carrot Stuffed Paratha + Curd Fruit	430 kcal / 10g	Plain Puri + Paneer Matar Curry + Tawa Pulav + Boondi Raita 6-7 yrs- Plain Puri (2 pc) 8-10 yrs - Plain Puri (4 pc) 11-12 yrs- Plain Puri (6 pc) 13-17 yrs - Plain Puri (8 pc)	840 kcal/ 25g	Muffins	1	2	2
04-07-2025	Friday	Potato Sandwich + Green Chutney + Fruit	450 kcal /12g	Roti+ Red Masoor with Drumstick + Carrot Peas Veg+ Jeera Rice + Fruit Custard	850 kcal / 23g	Rajgeera Laddoo	1	1	1
05-07-2025	Saturday	Peanut Aloo Dhabeli (2 Pc) + Green Chutney + Fruit	400 kcal / 10g	Roti + Soya Gravy + Flat Beans with aloo + Lemon Rice + Tomato Cucumber Salad	850 kcal / 22g	Chikki (Peanut and Jaggery Bar)	2	3	3
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									
07-07-2025	Monday	Vegetable Poha with Peas + Fruit	420 kcal / 10g	Plain Paratha + Paneer Lababdar + Mixed Veg Rice + Buttermilk 6-7 yrs- Plain Paratha (2 pc) 8-10 yrs - Plain Paratha (3 pc) 11-12 yrs- Plain Paratha (4 pc) 13-17 yrs- Plain Paratha (5 pc)	550 kcal/ 12g 670 kcal/ 15g 790 kcal/ 18g 910 kcal /21g	Bread Jam	1 No.	2 No.	2 No.
08-07-2025	Tuesday	Green moong dosa + Potato bhaji + Fruit	420 kcal / 16g	Roti+ Sev Bhaji+ Aloo Beans + Plain Rice + Beetroot Raita	800 kcal/ 22g	Cookies Ragi	2 No.	3 No.	3 No.
09-07-2025	Wednesday	Masala Multigrain Paratha + Tomato Chutney + Fruit	450 kcal/ 15g	Roti + Moong Dal + Stuffed Capsicum+ Ghee Rice + Koshimbir	850 kcal/ 28g	Shakkarpara	2	3	3
10-07-2025	Thursday	Cheese Vegetable Sandwich + Tomato Chutney + Fruit	400 kcal / 12g	Roti + Dal Makhani+ Mix Veg+ Jeera Rice+ Sewai Kheer	870 kcal / 27g	Tetra Pack buttermilk	1	1	1
11-07-2025	Friday	Idli Sambhar (3 Pc) + Fruit	430 kcal/ 15g	Roti + Kadhi Pakoda+ French Fries+ Dal Khichdi + Salad	970 kcal / 25g	Poha Chivda	50gm	75gm	75gm
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									
14-07-2025	Monday	Red Sauce Pasta with vegetables + Cheese and fruit	420 kcal / 12g	Roti + Dal Palak + Jeera Fried Baby Potato + Corn Rice + Tomato and Cucumber Salad + Gulab Jamun	970 kcal/ 28g	Oats and Jaggery Cookies	2 No.	3 No.	3 No.
15-07-2025	Tuesday	Vegetable Ragi Idli + Chutney+ Fruit	450 kcal/ 15g	Veg Noodles+ Chilly Manchurian+ Paneer Schezwan Rice + Tomato Soup	860 kcal/ 26g	Puffed Rice Chivda (Roasted)	50gm	75gm	75gm
16-07-2025	Wednesday	Cabbage Stuffed Paratha + Curd	430 kcal / 10g	Plain Puri + Dum Aloo+ Plain Dal +Jeera Rice + Pomegranate Raita 6-7 yrs- Plain Puri (2 pc) 8-10 yrs - Plain Puri (4 pc)	550 kcal/ 12g 670 kcal/ 15g 790 kcal/ 18g 910 kcal /21g	Muffins	1	2	2

				11-12 yrs- Plain Puri (6 pc) 13-17 yrs - Plain Puri (8 pc)					
17-07-2025	Thursday	Corn Capsicum in white sauce Sandwich + Fruit	450 kcal/ 14g	Roti + Plain Toor Dal Tadka + Peas Capsicum Aloo Veg + Soya Rice + Buttermilk	810 kcal/ 27g	Rajgeera Laddoo	1	1	1
18-07-2025	Friday	Vegetable vermicelli with peanuts + Fruit	450 kcal/ 12g	Roti + Green mung usual + Bhindi Fry + Plain Rice + Beetroot Salad	800kcal/25g	Soya Sticks	50gm	75gm	75gm
19-07-2025	Saturday (Grandparents Day)	Puri Sabji	470 kcal/ 15g	Roti + Black Chana Masala + Curd Rice + Onion Pakoda	840 kcal / 26g				
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									
21-07-2025	Monday	Akkha Masoor dosa + Sabji + Fruit	410 kcal/ 16 g	Roti+ White Peas Masala + Tawa Veg+ Tadka Rice+ Onion Raita	950 kcal/ 26g	Tetra Pack buttermilk	1	1	1
22-07-2025	Tuesday	Veg Rawa Upma + Chutney+ Fruit	380 kcal / 10 g	Plain Paratha + Lauki Besan Kofta Curry + Onion Rice + Pomegranate Raita 6-7 yrs- Plain Paratha (2 pc) 8-10 yrs - Plain Paratha (3 pc) 11-12 yrs- Plain Paratha (4 pc) 13-17 yrs - Plain Paratha (5 pc)	550 kcal/ 12g 670 kcal/ 15g 790 kcal/ 18g 910 kcal /21g	Rava Ladoo	1	1	1
23-07-2025	Wednesday	Cucumber+ Paneer+ Onion Sandwich+ Fruit	380 kcal / 15 g	Roti+ Potato Gobi + Red Masoor Tadka + Veg Biryani+ Cucumber Raita	810 kcal/ 24g	Coconut Biscuit	2	2	3
24-07-2025	Thursday	Veg Soya Cutlet + Green Chutney + Fruit 6-10 yrs-(2 pc) 11-17 yrs-(4 pc)	250 kcal / 8g 500 Kcal/15g	Roti+ Mixed dal Tadka + Bhindi Fry+ Plain Rice + Mixed Kachumber salad	820 kcal/ 23g	Ragi Chips	50gm	75gm	75gm
25-07-2025	Friday	Aloo Paratha+ Curd+ Fruit	420 kcal / 10g	Roti + Shahi Paneer+ Moti Pulao+ Plain Curd + Kala Jamun	1050 kcal/ 28g	Cake Slice	1	2	2
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									
28-07-2025	Monday	Masala Idli with Fried Vegetables + Tomato Chutney + Fruit	450 kcal / 12g	Roti + Chana dal Tadka + Aloo Gobi + Plain Rice + Mixed salad with boiled sprouts	860 kcal/ 29g	Poha Chivda	50gm	75gm	75gm
29-07-2025	Tuesday	Veg Stuffed Multigrain Paratha + Curd + Fruit	430 kcal/ 15g	Roti + Paneer Matar Malai + Veg Pulao + Boondi Raita + Moong dal Halwa	1050 kcal/ 28g	Shakkarpara Sweet	50gm	75gm	75gm
30-07-2025	Wednesday	Besan Puri + Bhaji + Fruit	400 kcal / 12g	Roti+ Akkha Masoor Dal + Peas Cabbage + Tomato Rice + Buttermilk	840 kcal/ 27g	Chakali	2	2	3
31-07-2025	Thursday	Vegetable Poha with Peanut + Fruit	420 kcal / 10g	Roti + Chole Masala+ Tendli Aloo Fry+ Jeera Rice+ Sliced Onion Salad	880 kcal/ 29g	Oats Cookies	1	2	2
<ul style="list-style-type: none">• This plan aims to meet the nutritional needs of students (ages 2.5 to 18) and staff (up to 55 years old) by ensuring a balanced intake of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals).• The plan is designed to be culturally appropriate, inclusive of diverse dietary preferences, and aligned with modern nutritional standards to promote overall health, well-being, and academic performance.• Balanced Caloric Intake: Each breakfast is designed to provide 350-450 kcal energy and 10-15 grams of protein.• Each lunch is designed to provide 700-800 kcal of energy and 25-30 grams of protein,• The meal plan aligns well with the recommended dietary allowance (RDA) for school-aged children as per ICMR.• Appealing and Delicious: Meals are designed to be visually appealing and flavorful while ensuring optimal nutrition, encouraging children to enjoy their meals without compromise.									

KEY CONSIDERATIONS BY ICMR FOR MEETING THE DAILY DIETARY REQUIREMENT

The table shown below provides a clear overview of the ideal balance of macronutrients in a typical breakfast/lunch for schoolchildren, teens, or adults.

Nutrient	Recommended Intake Breakfast	Source Examples	Recommended Intake Lunch	Source Examples
Total Calories	300-600 kcal (depending on age)	Varies based on age and activity level	500-800 kcal (depending on age)	Varies based on age and activity level
Carbohydrates	45-60% of total calories 40-60 g	Whole grains, fruits, vegetables, and starchy foods	50-60% of total calories 60-90g	Whole grains, rice, roti, vegetables, legumes
Protein	15-20% of total calories 10-20 g	Yogurt, beans, nuts, seeds, and Paneer	15-20% of total calories 15-25g	Lentils, paneer, legumes, dairy, nuts
Healthy Fats	15-20% of total calories 10-15 g	Nuts, seeds, and refined oil	15-20% of total calories 15-20g	Ghee, refined oil, nuts, and seeds