

# **G D GOENKA PUBLIC SCHOOL**

**Mathura Road, Aligarh**

## **Lunch Schedule**

<b>Days</b>	<b>Fruits</b>	<b>Items</b>
Monday	Seasonal fruits	Aloo paratha / Paratha & green vegetable / Vegetable sandwich
Tuesday	“	Cheela / Vermicell / Poha / Masala oats
Wednesday	“	Stuff paratha / Idli / Fried rice / Chapati, daal with salad
Thursday	“	Puri & Aloo / Suji halwa / Chana / Choley & simple rice
Friday	“	Sprouted ramos, lobia / Bread jam or Bread butter / Chapati with green vegetable
Saturday	“	As per your choice

### **NOTE:**

- 1) Parents are suggested to send the lunch as per this schedule for their interest and nutrients.
- 2) Edibles should be pack properly.
- 3) Handkerchief is mandatory.
- 4) Sanitizer is essential for better hygiene.
- 5) Bring one fruit every day.