

Shahapur Taluka Education Society's P. S. Deshmukh Memorial Academy, Shahapur

Tiffin Schedule 2025-26

To ensure a healthy balanced diet for proper growth and development of a child, the school has planned out a nutritious schedule as given below.

Day	Tiffin Diet	Rich In	Usefulness
Monday Pulses Day	Sprouts Pulses Rajma/Cereals + Chapati	Protein and fiber	Improve immunity and energetic for a longer period of time.
Tuesday Green Day	Palak/Green leafy sabzi+chapati	Iron Vitamins A Fiber	Improves eyes sight, increase energy and blood health
Wednesday Legumes Day	Dry Dal/Chana/Soya + Chapati	Protein and Iron Carbohydrates	Gives stamina support, muscles growth and strength and support brain activity.
Thursday Protein Day	Mixed sabzi/Paneer sabzi + chapati	Protein Calcium Iron	Build strong bones and muscle ,boost energy
Friday Fermented Day	Upma/Poha/Dosa/Idli /Dhokla/Bread Roll / Sandwich/Sabudana	Protein Vitamins C	Improve immunity and good for health growth.
Saturday Fruit Day	Mixed fruits	Vitamin fiber	Boost immunity And improve eye sight.

Nutritional Benefits Overview

This tiffin schedule is designed to provide:

- **Balanced Nutrition:** Each day focuses on specific nutrients essential for child development
- **Variety:** Different food groups throughout the week to ensure diverse nutrient intake
- **Age-Appropriate:** Foods selected for optimal growth and cognitive development
- **Health Promotion:** Emphasis on immunity, bone strength, vision, and overall wellness

The structured approach ensures that children receive comprehensive nutritional support during their school hours, contributing to their academic performance and overall health.