

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.