

G D GOENKA PUBLIC SCHOOL

3 km stone Aligarh - Mathura Road, Aligarh

Lunch Schedule

Days	Fruits & Dry Fruits	Items
Monday	Seasonal fruits & Almonds	Aloo paratha / Paratha & green vegetable / Vegetable sandwich
Tuesday	Seasonal fruits & Cashew	Cheela / Vermicell / Poha / Masala oats
Wednesday	Seasonal fruits & Walnuts	Stuff paratha / Idli / Fried rice / Chapati, daal with salad
Thursday	Seasonal fruits & Almonds	Puri & Aloo / Suji halwa / Chana / Choley & simple rice
Friday	Seasonal fruits & Roasted Pista	Sprouted ramos, lobia / Bread jam or Bread butter / Chapati with green vegetable
Saturday	Seasonal fruits & Cashew	Chapati, daal with curd or as per choice of the child

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

(Dr. Anubhav Lodhi)
Principal