

# Don Bosco Public School

## MEAL PLAN



### Monday

**BREAKFAST: HALWA-CHANA & TEA**

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**LUNCH: DAL, RICE, VEGETABLE & CHAPATI**

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**TEA: FRUIT**

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**DINNER: SOYABEAN CHUNKS, CHAPATI & SALAD**

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"YOU DON'T NEED A SILVER  
FORK TO EAT GOOD FOOD." -  
PAUL PRUDHOMME

# Don Bosco Public School

## MEAL PLAN



### Tuesday

BREAKFAST: POHA & TEA

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LUNCH: KADHI, RICE & PAPAD

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TEA: BISCUITS & TEA

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DINNER: WHOLE MOONG DAL/  
DAL PALAK, CHAPATI & SALAD

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"TO EAT IS A NECESSITY, BUT  
TO EAT INTELLIGENTLY IS AN  
ART." - FRANÇOIS DE LA  
ROCHEFOUCAULD

# Don Bosco Public School

## MEAL PLAN



### Wednesday

BREAKFAST: UPMA & TEA

LUNCH: DAL, RICE, VEGETABLE & CHAPATI



TEA: FRUIT

DINNER: ALOO PANEER & CHAPATI

"LAUGHTER IS BRIGHTEST  
WHERE FOOD IS BEST" - IRISH  
PROVERB

# Don Bosco Public School

## MEAL PLAN



### Thursday

BREAKFAST: PARATHA WITH  
PICKLE/CHUTNEY & TEA

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LUNCH: RAJMA, RICE & SALAD

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TEA: RUSK & TEA

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DINNER: LAUKI-BADI/ALOO-BADI  
& CHAPATI

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"ONE CANNOT THINK WELL,  
LOVE WELL, SLEEP WELL, IF  
ONE HAS NOT DINED WELL." -  
VIRGINIA WOOLF

# Don Bosco Public School

## MEAL PLAN



### Friday

BREAKFAST: POHA & TEA

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LUNCH: DAL, RICE, VEGETABLE  
& CHAPATI

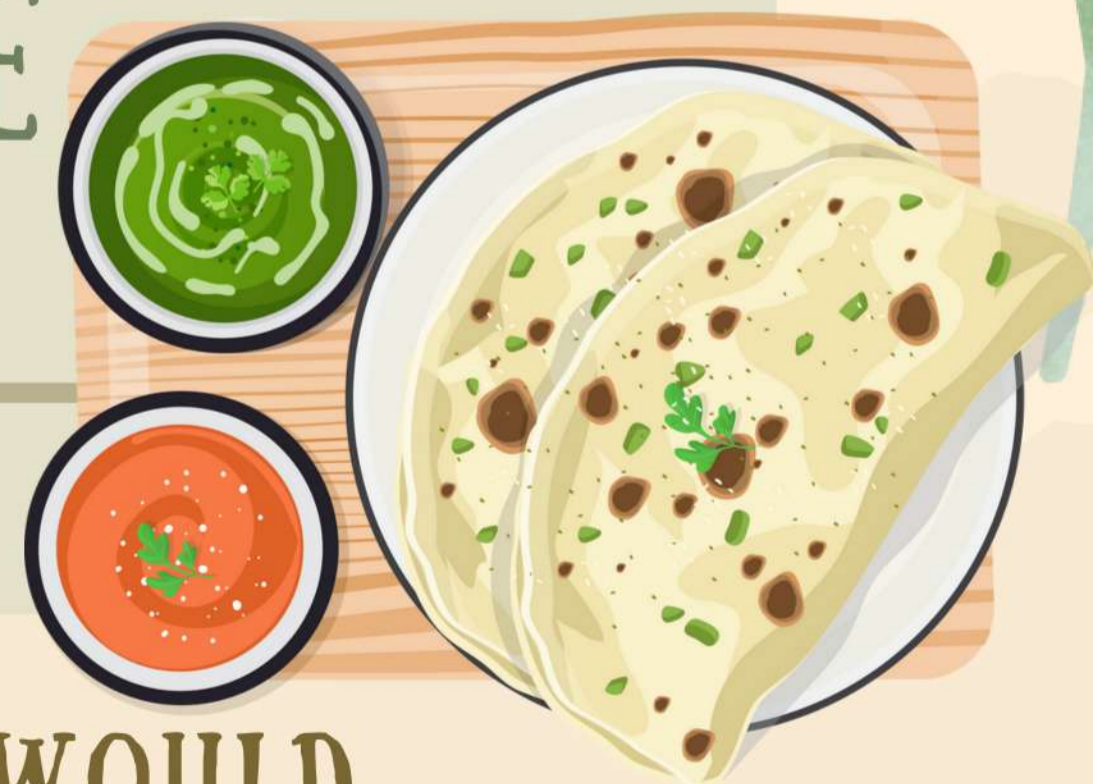
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TEA: FRUIT

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DINNER: DAL, VEGETABLE  
& CHAPATI

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"WE ALL EAT, AND IT WOULD  
BE A SAD WASTE OF  
OPPORTUNITY TO EAT BADLY."  
- ANNA THOMAS

# Don Bosco Public School

## MEAL PLAN

### Saturday



BREAKFAST: UPMA & TEA

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LUNCH: KABULI CHOLEY, JEERA RICE &  
ONION SALAD

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TEA: BISCUITS & TEA

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DINNER: KHICHDI, GHEE, MINT CHUTNEY  
& PAPAD

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“FOOD IS SYMBOLIC OF LOVE  
WHEN WORDS ARE  
INADEQUATE.”

- ALAN D. WOLFELT

# Don Bosco Public School

## MEAL PLAN



### Sunday

BREAKFAST: MAGGI NOODLES/RUSK  
& TEA

LUNCH: POORI & ALOO /  
PULAO & RAITA

TEA: FRUIT

DINNER: DAL, GHEE CHAPATI &  
FRIED CHILLI



पहले पेट पूजा, फिर काम दूजा  
FIRST, WE EAT. THEN, WE DO  
EVERYTHING ELSE.