



THE ADVENT SCHOOL, HARIDWAR
MEAL PLANNER
CLASS - NURSERY to 2
MONTHS – APRIL TO JULY

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT	BANANA/ MANGO	WATERMELON / APPLE	ORANGE/ PEAR	KIWI/ MANGO	GUAVA/ MUSK MELON
LUNCH	GREEN VEGETABLE AND CHAPPATI	STUFFED PARATHA	ALOO/CHOLE AND PURI	JAVE/CHILLA	GREEN VEGETABLE AND CHAPPATI



THE ADVENT SCHOOL, HARIDWAR
MEAL PLANNER
CLASS - NURSERY to 2
MONTHS – AUGUST TO OCTOBER

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT	BANANA/ ORANGE	PAPAYA/ APPLE	ORANGE/ PEAR	KIWI/ BANANA	ORANGE/ BANANA
LUNCH	PANEER SABZI & CHAPPATI	STUFFED PARATHA/ SPROUTS	ALOO/CHOLE AND PURI	JAVE/ CHILLA/ POHA	GREEN VEGETABLE AND CHAPPATI



THE ADVENT SCHOOL, HARIDWAR
MEAL PLANNER
CLASS - NURSERY to 2
MONTHS – NOVEMBER TO FEBRUARY

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT	POMEGRANATE /ORANGE	CHIKOO/ APPLE	ORANGE/ GRAPES	APPLE/ BANANA	ORANGE/ BANANA
LUNCH	RAJMA & RICE	GREEN VEGETABLE & CHAPATI	JAVE/ IDLI/ POHA/ UPMA	GREEN VEGETABLE & PARATHA	SPROUTS CHAAT