

July Menu Chart for Ryan International School, Dombivli

We understand that many mothers are working, and a well-planned menu can save time and make meal preparation easier. This menu chart is designed to ensure your child receives a balanced and nutritious diet, while also being convenient for busy parents. Additionally, we encourage the use of eco-friendly containers—no plastic bottles or lunch boxes.

Health Quote:

"Good nutrition creates health in all areas of our existence. All parts are interconnected." – T. Colin Campbell

Notes:

- *Fruit Break*: Includes a variety of seasonal fruits.
- *Lunch Break*: Rotates among chapati with various vegetable curries, poha with different vegetables, rice pulao with assorted ingredients, veg paratha, and spinach dishes.
- *Vegetable Variety*: Ensure the vegetables used in curries, poha, and pulao are varied to maintain a balanced diet.
- *Eco-Friendly Containers*: Please use stainless steel or other eco-friendly containers for packing food and drinks to promote sustainability and reduce plastic waste.

This menu is designed to provide children with a nutritious diet while making meal planning more manageable for parents. Thank you for your cooperation and commitment to your child's health and well-being.