

**Navrachana & Vidyani Pre-Primary Section
Vadodara – 390024**



Circular No. NV/5/2016-17

Date : 01-10-16

Dear Parents,

Following is the Menu for the month of October and November 2016. We would like to bring to the notice of the parents once again, that it is brunch being provided and not full lunch. Every day 2-3 items are served and have tried to include seasonal fruits in the menu.

OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
Diwali ☺	New Year/Sardar Patel Jayanti ☺					☺
2	3	4	5	6	7	8
Gandhi Jayanti ☺	Lemon Rice Butter Milk Fryums	Pav Bhaji Fruit	Paratha Veg.(Cabbage Aloo) Fruit Pohe Ch. Milk (PP)	Dabeli/ Bread Butter (PP) Soup Jalebi	Roti Veg (Aloo Matar) Chewda (PP)	☺
9	10	11	12	13	14	15
☺	Navmi ☺	Dussera ☺	Muharrum ☺	Bhel Sheera Fruit/Pizza (B-1)	Pav Bhaji Fruit Pizza (B-2)	☺
16	17	18	19	20	21	22
☺	Dal Fry Jeera Rice Salad/Pizza (B-3)	Palak Paratha Raita Fruit Pohe, Ch. Milk (PP)	Rajma, Rice Salad Palak Paratha, Raita (PP)	Sev-Usal Bun Fruit	Puri Veg (Aloo Tomato) Fruit	☺
23	24	25	26	27	28	29
☺	Khichdi Kadhi Veg (Brinjal Potato)	Bhel Sheera Fruit/Frankie (B-1)	Pav Bhaji Fruit Frankie (B-2)	Noodles Soup Fruit	Diwali Vacation Commences	

NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
		Diwali Vacation					☺
6	7	8	9	10	11	12	
☺						☺	
13	14	15	16	17	18	19	
☺	Children's Day Celebrations	Puri Veg (Matar Paneer) Fruit	Dudhi Paratha Raita (PP) Khichdi Kadhi, Fruit	Pav Bhaji Fruit	Roti Veg (Cabbage Aloo) Peanut Chat Pohe, Ch. Milk (PP)	☺	
20	21	22	23	24	25	26	
☺	Khichdi Kadhi (Veg) Brinjal Potato	Bhel Sheera Fruit Bread Roll	Sada Paratha Chole Fruit	Dabeli Bread Butter Soup Shakkarpara (PP)	Rajma Rice Salad	☺	
27	28	29	30				
☺	Gujarati Dal Rice Veg (Sukha Aloo)	Dudhi Paratha Raita, Fruit Pohe, Ch. Milk (PP)	Sev-usal Bun Fruit				

We all elders should impress upon our children that fresh and hot meals which is our staple food is the best for our growing children. We hope, in making our children form good eating habits, we shall get full help and co-operation from parents.

Ms Geeta Sikdar

Ms Geeta Sikdar
Headmistress
Navrachana-Vidyani Pre-primary

Ms Pramodini V.

Ms Pramodini V
Kitchen Incharge
Navrachana Vidyani Vidyalaya