



DELHI PUBLIC ACADEMY

OUR MOTTO "Be Your Own Light"

OUR VISION " Children Are Our Future, We Are Dedicated To Their Success"

The Best Indian Food for our kids

DPA Lunch Menu for Pre- Primary-& I,II-std

Session 2022-23

Dear Parents,

Jai Hind!

Here is your child lunch menu.

Kindly use Monday to Thursday this menu and one extra tiffin for any fruit. Explain your child how a nutritious lunch will give energy to finish the rest of the school day and enjoy school activities.

Follow this chart:-

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Paratha Stuffed or Green Puri with Vegetable	Veg. Pullov or Upma or sweet rice or Dhokla	Veg. or Paneer Sandwich or Bread Pakoda or Mix veg pakoda.	Poha or Halwa or Dal Chilla or Idli Vegetable	Pasta or Maggi with sesonable Vegetable, Chhole dry with chutney or souce

FRUIT:- Any one in Extra Tiffin.(Daily)

* Avoid Spicy, Oily food.
* Avoid with Paratha & Puri Pickle or Jam. Give any Vegetable.
* Send one Napkin with tiffin. For Maggi, Pasta send fork and for pullov or Have send spoon in lunch box.
* Attach one Handkerchief in front of their shirt.
* Kindly check their nails & Hair daily.
* Tell them for hand wash before & after lunch.
* Put their name on water bottle with marker.
* Kindly send daily any one fruit in extra tiffin.
* Cover their all books and copies with name slip. And daily check their diary & whatSapp group.

"You don't have to eat less,You just have to eat right"



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