Suggested Menus for Std. I to IV

Timings	Day 1	Serve	Day 2	Serve	Day 3	Serve	Day 4	Serve	Day 5	Serve	Day 6	Serve	Day 7	Serve
Early Morning	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Glass	Milk	1 Glass	Milk	1 Glass	Milk	1 Glass
Breakfast	Pohe	1 Vati	Upma	1 Vati	Idli / Uttappa	2 Nos.	Egg omlette/ Besan chila	1 No.	Sabudana Khichadi	1 Vati	Spinach Corn Roll	1 Big	Masala Dosa	1 Big
	Apple	1 No.	Banana	1 No.	Sambhar	1k	Bread	2 Slice	Cucumber Raita	1k	Sapota	1 no	Coconut Chutney	1tsp
Lunch	Chapati	1 No.	Vegetable Khichadi	1 Vati	Thepla (Methi / Palak / Raddish)	1 No.	Paneer Pulav	1 Vati	Chappati	1	Pav	2	Tomato Rice	1 Bowl
	Any Green Leafy Bhaji	1k	Grated Koshmbir	1k	Groundnut Chutney	2 tsp	Dahi	1k	Methi Aloo Bhaji	1k	Bhaji	1k	Carrot Lentil Soup	1k
Evening Snacks	Thalipith	1 No.	Ground Nut Ladoo	2 Small	Fruit Chaat	1 k	Sprouts Bhel	1k	Ghavan	1 Small	Buttermilk	1 Glass	Khakra	1
	Dahi	1k	Sandwich Grilled	1 No.	Sweet Curd	1k	Lime Juice	1 Glass	Green Chutney	2 tsp	Cornflakes Chiwada	1 k	Sweet groundnut chutney	1 tsp
Dinner	Pulav	1 Vati	Chapati	1 No.	Lemon Rice / Masalebhat	1 Vati	Chapati	1 No.	Chapati	1 No.	Vegetable Biryani	1 Vati	Paneer Bhurji	1k
	Chapati	1 No.	Soyabean Gravy Bhaji	1k	Tomato Saar	1k	Cabbage Bhaji	1k	French Beans Bhaji	1k	Salad	1k	Chapati	1 No.
Bedtime	Rajmah Usal	1k	Rice	1k	Kothimbir Vadi	2 - 3	Dal	1k	Khichadi	1k			Salad	1k
	Cucumber Salad	1 No.	Dal	1k			Rice	1k	Kadhi	1k				
	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass	Milk	1 Big Glass

Instructions : 1] This menu planning is for healthy kids. In case of any health condition kindly consult your doctor and dietician. **2]** Kindly give age appropriate portion size. **3]** Use at least 8-10 glass of water / day. **4]** Daily ½ portion of lemon is recommended. **5]** Homemade and freshly prepared food is preferred over readymade / outside food. **6]** At least 1-2 hr/day outdoor exercise is recommended. **7]** At least 30 minutes of sunlight exposure is recommended. **8]** Do not use TV / Computer more than ½ hr /day. **9]** Please Note - Approximate Measurements - K = Medium katori (Amti wati), Vati = big salad bowl, Tsp = Teaspoon, Medium Glass = 200 ml, Big glass = 250 ml **10]** Preferably milk should be low fat. **11]** Outside / fried foods should be avoided. Prepared by : **Dr. Anuradha Khadilkar, MD, Mrs. Neha Kajale, MSc RD, Ms. Anjali Jaiswal, BSc.N&D, Hirabai Cowasji Jehangir Medical Research Institute, Jehangir Hospital, Pune, 411001.**