

"Children neither give importance nor understand the many benefits of eating healthy food. You need to reinforce that in a fun way through rhymes, books and videos."

Sudha Gupta, Parenting Expert  
and Chairperson, Mother's Pride

## NOVEMBER - 2013

<i>Aloo Puri with Gulab Jamun</i>	<i>1st Nov</i>
<i>(Diwali Break)</i>	<i>2nd Nov - 5th Nov</i>
<i>Bread Rolls with Fruit</i>	<i>6th Nov</i>
<i>Veg Pulao with Curd</i>	<i>7th Nov</i>
<i>Veg Sandwich with Fruit</i>	<i>8th Nov</i>
<i>Holiday</i>	<i>9th Nov</i>
	<i>10th Nov</i>
<i>Dal with Rice</i>	<i>11th Nov</i>
<i>Veg Macaroni with Fruit</i>	<i>12th Nov</i>
<i>Cutlet with Fruit</i>	<i>13th Nov</i>
<i>Holiday (Muharram)</i>	<i>14th Nov</i>
<i>Halwa, Puri with Channa</i>	<i>15th Nov</i>
<i>Holiday</i>	<i>16th Nov</i>
	<i>17th Nov</i>
<i>Rajma with Rice</i>	<i>18th Nov</i>
<i>Veg Bambino with Fruit</i>	<i>19th Nov</i>
<i>Paneer Sandwich with Fruit</i>	<i>20th Nov</i>
<i>Veg Chowmein</i>	<i>21st Nov</i>
<i>Channa Dal Kfichidi with Curd</i>	<i>22nd Nov</i>
<i>Holiday</i>	<i>23rd Nov</i>
	<i>24th Nov</i>
<i>Veg Macaroni with Fruit</i>	<i>25th Nov</i>
<i>Cutlet with Fruit</i>	<i>26th Nov</i>
<i>Kadi with Rice</i>	<i>27th Nov</i>
<i>Bread Rolls with Fruit</i>	<i>28th Nov</i>
<i>Lobia with Rice</i>	<i>29th Nov</i>
<i>Holiday</i>	<i>30th Nov</i>