

"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

## MARCH - 2014

*1st Mar*

*Holiday*

*2nd Mar*

*Rice with Rajma*

*3rd Mar*

*Veg. Bambino*

*4th Mar*

*Bread Pakora with Fruit*

*5th Mar*

*Channa Dal Kfichadi*

*6th Mar*

*Bread Butter/Jam with Fruit*

*7th Mar*

*Holiday*

*8th Mar*

*9th Mar*

*Veg. Macaroni*

*10th Mar*

*Bread Rolls with Fruit*

*11th Mar*

*Rice with Black Channa*

*12th Mar*

*Veg. Bambino*

*13th Mar*

*Potato Sandwich with sweets*

*14th Mar*

*15th Mar*

*Holiday*

*16th Mar*