

"Don't force your
child to eat
large meals.
Let him eat
as per his
appetite and
desire."

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

JULY - 2014

<i>White Chana with Rice</i>	<i>2nd July</i>
<i>Potato Sandwich with Roohafza</i>	<i>3rd July</i>
<i>Veg Pulao with Curd</i>	<i>4th July</i>
<i>Holiday</i>	<i>5th July</i>
<i>Holiday</i>	<i>6th July</i>
<i>Veg Chowmein with Roohafza</i>	<i>7th July</i>
<i>Rajma with Rice</i>	<i>8th July</i>
<i>Bread Pakora with Fruit</i>	<i>9th July</i>
<i>Channa Dal Kfichdi with Curd</i>	<i>10th July</i>
<i>Veg. Bambino</i>	<i>11th July</i>
<i>Holiday</i>	<i>12th July</i>
<i>Holiday</i>	<i>13th July</i>
<i>Lobia with Rice</i>	<i>14th July</i>
<i>Bread Butter/Jam with Fruit</i>	<i>15th July</i>
<i>Veg Dalia with curd</i>	<i>16th July</i>
<i>Kadi with Rice</i>	<i>17th July</i>
<i>Cutlet with Roohafza</i>	<i>18th July</i>
<i>Holiday</i>	<i>19th July</i>
<i>Holiday</i>	<i>20th July</i>
<i>Dal with Rice</i>	<i>21st July</i>
<i>Veg. Macaroni</i>	<i>22nd July</i>
<i>Veg. Pulao</i>	<i>23rd July</i>
<i>Bread Roll with Roohafza</i>	<i>24th July</i>
<i>Black Channa with Rice</i>	<i>25th July</i>
<i>Holiday</i>	<i>26th July</i>
<i>Holiday</i>	<i>27th July</i>
<i>Bread Butter/Jam with Methi Sewian</i>	<i>28th July</i>
<i>Holiday (ID-UL-FITAR)</i>	<i>29th July</i>
<i>Potato Sandwich with Roohafza</i>	<i>30th July</i>
<i>Sambhar with Rice</i>	<i>31st July</i>