

“Don't give  
too much of  
importance to  
your child's weight.  
His energy and  
stamina indicate  
his good health.”

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

## AUGUST - 2014

*Veg Chowmein*

*1st Aug*

*Holiday*

*2nd Aug*

*3rd Aug*

*Potato Sandwich with Roothafza*

*4th Aug*

*White Channa with Rice*

*5th Aug*

*Veg Bambino*

*6th Aug*

*Sambhar with Rice*

*7th Aug*

*Veg Burger with Rasgulla*

*8th Aug*

*Holiday*

*9th Aug*

*10th Aug*

*Bread Pakora with Methi Sewian*

*11th Aug*

*Bread Roll with Halwa*

*12th Aug*

*Pav Bhaji*

*13th Aug*

*Tri-Colour Sandwich & Rasgulla*

*14th Aug*

*Independence Day (Holiday)*

*15th Aug*

*16th Aug*

*Holiday*

*17th Aug*

*18th Aug*

*Holiday (Janmashatmi)*

*19th Aug*

*Veg Pulao*

*20th Aug*

*Potato Sandwich with Roothafza*

*21st Aug*

*Kadi with Rice*

*22nd Aug*

*Veg Macaroni*

*23rd Aug*

*Holiday*

*24th Aug*

*25th Aug*

*Rajma with Rice*

*26th Aug*

*Bread Butter / Jam and fruit*

*27th Aug*

*Veg. Macaroni*

*28th Aug*

*Cutlet with Roothafza*

*29th Aug*

*Channa Dal Khichdi with Curd*

*30th Aug*

*Holiday*

*31st Aug*