

"If your child is  
a fussy eater,  
set the menu for the  
week for him / her.  
Giving choice  
and the authority to  
decide will solve  
half of the problem."

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

## OCTOBER - 2014

<i>Autumn Break</i>	<i>1st Oct - 8th Oct</i>
<i>Potato Sandwich</i>	<i>9th Oct</i>
<i>Veg Macaroni</i>	<i>10th Oct</i>
	<i>11th Oct</i>
<i>Holiday</i>	<i>12th Oct</i>
	<i>13th Oct</i>
<i>Cutlet with Banana</i>	<i>14th Oct</i>
<i>Channa Dal Khichdi with Curd</i>	<i>15th Oct</i>
<i>Bread Pakora</i>	<i>16th Oct</i>
<i>Veg Bambino</i>	<i>17th Oct</i>
<i>Rajma with Rice</i>	<i>18th Oct</i>
	<i>19th Oct</i>
<i>Holiday</i>	<i>20th Oct</i>
<i>Pav Bhaji</i>	<i>21st Oct</i>
<i>Bread Roll</i>	<i>22nd Oct- 26th Oct</i>
<i>Diwali Break</i>	<i>27th Oct</i>
<i>Veg Pulao</i>	<i>28th Oct</i>
<i>Bread Butter / Jam</i>	<i>29th Oct</i>
<i>Kadi with Rice</i>	<i>30th Oct</i>
<i>Veg. Bambino</i>	<i>31st Oct</i>
<i>Lobia with Rice</i>	