

"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 - 2014

Holiday

Bread Pakora with Meethi Sewian

Holiday (Muharram)

Cutlet with Kadah Prasad

Holiday (Guru Nanak Jayanti)

Veg Bambino

Holiday

Cutlet with Banana

Veg Macaroni

Veg Pulao with Curd

Bread Roll with fruit

Pav Bhaji

Holiday

Rajma with Rice

Veg Dalia with Curd

Bread Butter / Jam

Veg Chowmein

Bread Rolls

Holiday

Veg Pulao with Curd

Bread Pakora with Fruit

Channa with Rice

Veg. Bambino

Sambhar with Rice

Holiday

1st Nov

2nd Nov

3rd Nov

4th Nov

5th Nov

6th Nov

7th Nov

8th Nov

9th Nov

10th Nov

11th Nov

12th Nov

13th Nov

14th Nov

15th Nov

16th Nov

17th Nov

18th Nov

19th Nov

20th Nov

21st Nov

22nd Nov

23rd Nov

24th Nov

25th Nov

26th Nov

27th Nov

28th Nov

29th Nov

30th Nov