

" Valleys of daal,
mountains of rice,
trees of salad-use
your creative juices
while serving meals so
that food looks and tastes
as interesting to your
little one as his
world of imagination""

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

FEBRUARY - 2015

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| <i>Holiday</i> | <i>1st Feb</i> |
| <i>Veg Burger with Kheer</i> | <i>2nd Feb</i> |
| <i>Methi roti with mix Veg. & Orange</i> | <i>3rd Feb</i> |
| <i>Channa with Veg. Pulao</i> | <i>4th Feb</i> |
| <i>Chapati with Palak Paneer</i> | <i>5th Feb</i> |
| <i>Bread Pakora with Sprouts Salad</i> | <i>6th Feb</i> |
| <i>Holiday</i> | <i>7th Feb</i> |
| | <i>8th Feb</i> |
| <i>Kadi with Jeera Rice and Salad</i> | <i>9th Feb</i> |
| <i>Dal Makhani with Methi Parantha</i> | <i>10th Feb</i> |
| <i>Idli with Sambhar + Fruit</i> | <i>11th Feb</i> |
| <i>Chapati with Gobhi Aloo</i> | <i>12th Feb</i> |
| <i>Veg. Pulao with Curd</i> | <i>13th Feb</i> |
| <i>Holiday</i> | <i>14th Feb</i> |
| | <i>15th Feb</i> |
| <i>Veg. Pulao with Bathua Raita</i> | <i>16th Feb</i> |
| <i>Holiday (on account of Mahashivratri)</i> | <i>17th Feb</i> |
| <i>Chapati with Paneer Bhurji</i> | <i>18th Feb</i> |
| <i>Rajma with Rice and Sprout Salad</i> | <i>19th Feb</i> |
| <i>Chapati with Gajar Matar</i> | <i>20th Feb</i> |
| <i>Holiday</i> | <i>21st Feb</i> |
| | <i>22nd Feb</i> |
| <i>Vada Sambhar with Fruit</i> | <i>23rd Feb</i> |
| <i>Palak poori with Masala Gobhi</i> | <i>24th Feb</i> |
| <i>Pav Bhaji with Kheer</i> | <i>25th Feb</i> |
| <i>Stuffed Parantha with Curd</i> | <i>26th Feb</i> |
| <i>Veg. Pulao with Curd</i> | <i>27th Feb</i> |
| <i>Holiday</i> | <i>28th Feb</i> |