

"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

## MAY - 2015

|   |                  |
|---|------------------|
| <i>Bread Pakora with Sprouts Salad</i>            | <i>1st May</i>   |
| <i>Holiday</i>                                    | <i>2nd May</i>   |
| <i>Holiday</i>                                    | <i>3rd May</i>   |
| <i>Holiday on account of Buddha Purnima</i>       | <i>4th May</i>   |
| <i>Vada Sambhar with Fruit</i>                    | <i>5th May</i>   |
| <i>Veg. Pulao with Curd</i>                       | <i>6th May</i>   |
| <i>Chappati with Bhindi + Boondi Raita</i>        | <i>7th May</i>   |
| <i>Veg. Burger with Kheer</i>                     | <i>8th May</i>   |
| <i>Holiday</i>                                    | <i>9th May</i>   |
| <i>Holiday</i>                                    | <i>10th May</i>  |
| <i>Chappati with Lauki Kofta Curry with Raita</i> | <i>11th May</i>  |
| <i>Veg. Cutlet with Sprouts Salad</i>             | <i>12th May</i>  |
| <i>Mixed Vegetable pulao with Lauki Raita</i>     | <i>13th May</i>  |
| <i>Rajma with Rice and Salad</i>                  | <i>14th May</i>  |
| <i>Pav Bhaji with Salad</i>                       | <i>15th May</i>  |
| <i>Summer Break</i>                               | <i>16th May</i>  |
|   | <i>30th June</i> |