

"Don't force
your child to eat
large meals.
Let him eat as per
his appetite and desire."

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

JULY - 2015

<i>Veg. Cutlet with Fruit Custard</i>	<i>1st July</i>
<i>Pav Bhaji with Salad</i>	<i>2nd July</i>
<i>Bread Rolls with Sprout Salad</i>	<i>3rd July</i>
<i>Holiday</i>	<i>4th-5th July</i>
<i>Channa, Rice with Salad</i>	<i>6th July</i>
<i>Bhindi with Chappati and Raita</i>	<i>7th July</i>
<i>Veg. Bambino with Muskmelon</i>	<i>8th July</i>
<i>Chappati with Aloo Capsicum</i>	<i>9th July</i>
<i>Stuffed Parantha with Curd</i>	<i>10th July</i>
<i>Holiday</i>	<i>11th-12 July</i>
<i>Kadi with Rice</i>	<i>13th July</i>
<i>Veg. Cutlet with Sprouts Salad</i>	<i>14th July</i>
<i>Jeera Aloo with Chappati and Salad</i>	<i>15th July</i>
<i>Stuffed Parantha with Curd</i>	<i>16th July</i>
<i>Poori Aloo with Meethi Sewian</i>	<i>17th July</i>
<i>Holiday</i>	<i>18th-19th July</i>
<i>Channa Dal Khichdi</i>	<i>20th July</i>
<i>Veg. Burger with Kheer</i>	<i>21st July</i>
<i>Veg. Sandwich</i>	<i>22nd July</i>
<i>Bread Pakora with Sprouts Salad</i>	<i>23rd July</i>
<i>Vada Sambhar with Fruit</i>	<i>24th July</i>
<i>Holiday</i>	<i>25th-26th July</i>
<i>Paneer Bhurji with Chappati and Salad</i>	<i>27th July</i>
<i>White Channa with Rice and Salad</i>	<i>28th July</i>
<i>Idli Sambhar with Banana</i>	<i>29th July</i>
<i>Veg. Patty with Mango</i>	<i>30th July</i>
<i>Bhindi with Chappati and Raita</i>	<i>31st July</i>