

"Don't give too much  
of importance to your  
child's weight.  
His energy and stamina  
indicate his good health."

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

## August - 2015

### *Holiday*

*Bread Rolls with Sprout Salad*

*Channa, Rice with Salad*

*Bhindi with Chappati and Raita*

*Pav Bhaji with Salad*

*Stuffed Parantha with Curd*

### *Holiday*

*Veg. Cutlet with Sprout salad*

*Kadi with Rice*

*Jeera Aloo with Chappati and Salad*

*Veg. Burger with Kheer*

*Tri Colour Veg. Sandwich with Rasgulla*

### *Holiday*

*Paneer Bhurji with Chappati and Salad*

*Idli Sambhar with Banana*

*Chappati with Aloo Capsicum*

*Veg. Patty with Mango*

*Bread Pakora with Sprout Salad*

### *Holiday*

*Channa Dal Khichdi with Mango*

*White Channa with Rice and Salad*

*Veg. Bambino with Banana*

*Vada Sambhar with Sweets*

*Poori Aloo with halwa*

### *Holiday*

*Bhindi with Chappati and Raita*

*1st - 2nd August*

*3rd August*

*4th August*

*5th August*

*6th August*

*7th August*

*8th - 9th August*

*10th August*

*11th August*

*12th August*

*13th August*

*14th August*

*15th - 16 August*

*17th August*

*18th August*

*19th August*

*20th August*

*21st August*

*22nd - 23rd August*

*24th August*

*25th August*

*26th August*

*27th August*

*28th August*

*29th - 30th August*

*31st August*