

Smart Wonders School



Wednesday, 13th September 2023

SWS/ ACD/2023-24/49

Dear Parents,

Greetings from Smart Wonders!



We are excited to announce the upcoming Healthy Tiffin Competition that will take place on Monday, 18th September 2023. This competition aims to encourage students to adopt healthy eating habits and make nutritious choices for their school meals.

Guidelines for the competition:

1. The tiffin should incorporate a variety of fruits, vegetables, carbohydrates, and proteins. The focus should be on creating a balanced meal with appropriate portion sizes.
2. Presentation is important. Ensure that the meal is visually appealing.
3. The judgement criteria will be based on the nutritional value, creativity in presentation.

To help all the parents in deciding and packing healthy and tasty tiffin for their wards we are sharing a suggestive menu.

SUGGESTIVE TIFFIN MENU FOR A WEEK

MONDAY: 2 Idlis with chutney/1 plain dosa with chutney/1 besan /daal chila + a Banana + 4 soaked and peeled almonds

TUESDAY: 2 Vegetable/Spinach/Chana Cutlet/ Aloo Tikki + an Apple + 2 soaked and peeled walnuts

WEDNESDAY: 1 stuffed paratha (potato/paneer/cauliflower) or a paratha roll (paneer/veggies) + a pear + 4 soaked and peeled almonds

THURSDAY: Vegetable sandwich/ Paneer Sandwich/ Boiled potato sandwich (Dressing – green chutney/hung curd/ home-made mayo) + seasonal fruit + 2 dates

FRIDAY: Homemade Pasta /Macaroni /Noodles /Vermicelli with lots of veggies + 1 apple + 2 dried apricots/figs/peaches

Let's join hands towards inculcating a healthy lifestyle right from the formative years and raise a generation of 'Healthy & Happy Children'.

Warm regards

Poonamjit Kaur
Principal