

# SMART WONDERS SCHOOL

## Healthy Tiffin Guidelines



Saturday, 29<sup>th</sup> November 2025

SWS/ACD/2025-26/108

Dear Parent

Greetings from Smart Wonders!

We hope this message finds you and your family in good health and high spirits. At Smart Wonders School, the well-being and academic success of every student is our utmost priority. A crucial aspect of your child's overall development is a healthy and balanced diet, which supports physical health, mental sharpness, and better concentration throughout the day.

To ensure that our students receive all the essential nutrients, we have planned a **Weekly Tiffin Schedule**. We request your kind cooperation in following this plan and encouraging healthy eating habits among children.

Day	Healthy Tiffin Choices
Monday	Green/seasonal vegetables with chapati or paratha
Tuesday	Any rice and pulses (dal, rajma, chana, etc.) meal
Wednesday	Healthy paratha stuffed with vegetables (like paneer, spinach)
Thursday	Vegetable sandwich or suji/oats/wheat pancakes, idli /uttapam
Friday	Cottage cheese (paneer) or potato-based/soya meal
Friday (once a month) <b>No Bag Day</b>	Pasta, burgers, macaroni or snacks (kindly ensure these are home-cooked and served in moderation)

**Note:** Please ensure all tiffin items are **home-cooked and packed in moderation**.

By reinforcing healthy eating and mindful choices, we can work together to nurture your child's well-being and learning journey. We truly appreciate your continued support and cooperation in providing a positive and caring environment for our students.

Warm regards

**Ruchika Sharma**  
Principal

