



DELHI PUBLIC SCHOOL, PARADIP REFINERY, PARADIP.

A healthy mind stays in a healthy body



Daily food Chart

Std.VI to XI

Days

Breakfast

MONDAY	Sprouted Seeds / Chapati & Sabji / Poha /Oats
TUESDAY	Fruits / Rice / Upma /Homemade cake
WEDNSDAY	Fruits / Sandwich / Puri & Sabji / Brown bread& butter /jam
THURSDAY	Fruits / Aloo Paratha / Dalia/ Dry fruits
FRIDAY	Sprouted Seeds / Dosa / Paratha & Sabji / Sweets
SATURDAY	Fruits / Idli & Chatni / Roti & Sabji / Semolina

AVOID JUNK FOOD ...

- Noodles/ Maggi,
- Cakes
- Chips
- Biscuit
- Mixture
- Chocolate





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Daily food Chart

Days

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Sprouted seeds / Roti & Sabji / Sandwich / Sweets

Fruits / Aloo Paratha / Upma / Brown bread & butter/jam

Fruits / Sujihalwa / Puri & Sabji / Dry fruits

Fruits / Paratha & Sabji / Poha / Sweets

Fruits / Dosa / Semolina / homemade cake

Fruits / Idli & Chatni / Oats / Dry fruits

Std. III to V

Breakfast

AVOID JUNK FOOD ...

Noodles/ Maggi,

Cakes

Chips

Biscuit

Mixture

Chocolate





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Daily food Chart

Pre-nur. to std. II

Days

Breakfast

MONDAY	Sprouted Seeds / SujiHalwa /Upma / AlooParatha/Sweets
TUESDAY	Fruits / Idli&Chatni / Semolina / Homemade Cake
WEDNSDAY	Fruits / Sandwich / Puri&Sabji / Dry fruits
THURSDAY	Fruits / Paratha&Sabji / Semolina/ Sweets/ Bread & butter/ jam
FRIDAY	Fruits / Dosa / SujiHalwa / Upma / Dry fruits
SATURDAY	Fruits / Chapati &Sabji / Upma / Brown bread& jam/ butter

AVOID JUNK FOOD ...

- Noodles/ Maggi,
- Cakes
- Chips
- Biscuit
- Mixture
- Chocolate

