

PICT MODEL SCHOOL - MENU APRIL & MAY 2025

DATE	DAY	BREAKFAST	Total approx. Calories/Protein per serving	LUNCH	Total approx. Calories/Protein per serving	Snacks	2.5-5 yrs	6-10 yrs	10-17 yrs
Week 1									
01/04/2025	Tuesday	Vegetable & Cheese Red Macaroni + Fruit	460 kcal /14g	Roti+ Dal Palak + Kadhai Paneer+ Corn Rice + Buttermilk	750 kcal/ 22g	Roasted Chana	50gm	75gm	75gm
02/04/2025	Wednesday	Vegetable vermicelli with peanuts + Fruit	450 kcal/ 12g	Roti + Black Masoor Dal + Potato Peas Cabbage + Jeera Rice + Mixed Kachumber salad with sprout	800 kcal / 24g	Cookies Ragi	2 No.	3 No.	3 No.
03/04/2025	Thursday	Methi Besan Paratha + Curd+ Fruit	480 kcal/ 16g	Roti + Pakora Kadhi + Stuffed Capsicum + Masala Bhat + Cucumber Tomato Salad	810 kcal / 25g	Popcorn	50gm	75gm	75gm
04/04/2025	Friday	Dal Chilla + Chutney + Fruit	410 kcal/ 16 g	Roti + Bhendi Masala + Lobia Masala + Tawa Pulao+ Green salad+ Gulab Jamun	850 kcal / 25g	Tetra Pack buttermilk	1	1	1
05/04/2025	Saturday	Sambhar Vada (3 pc) + Fruit	460 kcal/16g	Roti + Chole Masala + Jeera Rice + Potato Chokha + Buttermilk	830 kcal / 25g	Banana Chips	50gm	75gm	75gm
Week 2									
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									
07/04/2025	Monday	Spinach and corn in white sauce sandwich + Fruit	450 kcal/ 14g	Roti + Tendli Dry + Paneer Gravy + Peas Pulao + Pomegranate Raita	820 kcal / 24g	Oats and Jaggery Cookies	2 No.	3 No.	3 No.
08/04/2025	Tuesday	Rava Dosa + Coconut Chutney + Fruit	400 kcal/ 11g	Roti+ Kadhi plain + French Beans Potato + Dal Khichdi + Salad	800 kcal / 22g	Puffed Rice Chivda (Roasted)	50gm	75gm	75gm
09/04/2025	Wednesday	Multigrain paratha + Curd+ Fruit	430 kcal/ 15g	Roti+ Matki Usal + Cabbage with Peas+ Mint Rice+ + Fruit Custard with grapes	810 kcal / 23g	Chikki (Peanut and Jaggery Bar)	2	3	3
11/04/2025	Friday	Vegetable Poha With peas/peanut + Fruit	350 kcal/ 10g	Roti+ White Peas Masala + Gobi Potato+ Jeera Rice+ Buttermilk	840 kcal / 24g	Rajgeera Laddoo	1	1	1
12/04/2025	Saturday	Veg Onion cheese Ragi Uttapam+ Chutney + Fruit	470 kcal/ 16g	Roti + Dal Tadka + Tawa mix veg + Veg Soya Biryani + Boondi Raita	820 kcal / 22g	Roasted Peanuts	50gm	75gm	75gm
Week 3									
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									
15/04/2025	Tuesday	Semiya Upma + Chutney + Fruit	400 kcal /12g	Roti + Drumstick Urad Dal + Palak Paneer + Corn Rice + Grated Carrot Raita	820 kcal / 22g	Bread Jam	1 No.	2 No.	2 No.
16/04/2025	Wednesday	Carrot Stuffed Paratha + Curd	430 kcal / 10g	Roti+ Plain masoor dal + Lauki besan Kofta+ Mint-Coriander Rice + Buttermilk	830 kcal / 24g	Shakkarpara Sweet	50gm	75gm	75gm
17/04/2025	Thursday	Vegetable Idli + Chutney + Fruit	380 kcal / 11g	Potato Peas Masala + Stuffed dal puri (1 pc) + Moti Pulao + Sevai kheer	870 kcal / 20g	Cake Slice	1	2	2
Week 4									
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									
21/04/2025	Monday	Chole Puri + Fruit	500 kcal/ 15g	Roti+ Plain Moong Dal+ Bhindi + Steam Rice+ Pineapple Raita	860 kcal/ 26g	Wheat Puffs	50gm	75gm	75gm
22/04/2025	Tuesday	Veg Rava Upma + Fruit	380 kcal / 10 g	Roti+ Dal Makhani + Gajar Peas Sabzi +Jeera Rice+ Mint Onion Raita	840 kcal / 24g	Rava laddoo	1	1	1
23/04/2025	Wednesday	Veg Stuffed Multigrain Paratha + Curd + Fruit	430 kcal / 15g	Roti+ Kadhi with palak pakode + Veg Rice + Potato with Flat Beans + Tomato Onion Kachumber	820 kcal/ 23g	Coconut Biscuit	2	2	3
24/04/2025	Thursday	Cheese Vegetable Sandwich + Tomato Chutney + Fruit	400 kcal / 12g	Plain Paratha (2 Pc) + Dum Potato + Peas pulao + Pomegranate Raita	840 kcal/ 20g	Oats Cookies	1	2	2
25/04/2025	Friday	Ragi Dosa + Chutney + Fruit	380 kcal / 11g	Veg Noodles+ Manchurian+ Paneer Schezwan Rice + Ice-cream	880 kcal/ 22g	Muffins	1	2	2
26/04/2025	Saturday	Vada Pav-(2 Pc)	500 kcal /14g	Roti + Paneer Handi + Masala Bhat+ Boondi raita	880 kcal/ 25g	Popcorn	50gm	75gm	75gm
SW 1									
Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week									

28/04/2025	Monday	Veg Poha + Chutney + Fruit	420 kcal / 10g	Roti+ Rajma Masala + Potato Capsicum+ Jeera Rice + Cucumber Onion raita	840 kcal / 23g	Wheat Puffs	50gm	75gm	75gm
29/04/2025	Tuesday	Besan Puri + Bhaji +Fruit	400 kcal / 12g	Roti + Yellow dal Tadka + Mix veg masala + Mint Rice + Boondi Raita	820 kcal/ 23g	Tetra Pack buttermilk	1	1	1
30/04/2025	Wednesday	Vegetable Uttapam+ Coconut Chutney+ Fruit	430 kcal / 10g	Roti + Potato methi + Paneer butter masala+ Plain Rice + Carrot/Onion/mint Raita	850 kcal / 25g	Bread Butter	1 No.	2 No.	2 No.
01/05/25	Thursday (Maharashtra Day)	Mini Samosa filled with peas and paneer (2 Pc) + Mung Dal Halwa	640 kcal/ 20g						
02/05/25	Friday	Millet Veg Noodles	450 kcal / 11g	Roti + Kadhi Pakora + Potato French Beans + Dal Khichdi + Veg Sprout salad	850 kcal / 28g				
03/05/25	Saturday	Dahi Vada (3pc) +Tamarind Chutney	380 kcal / 16g	Roti + Chole + Veg Biryani + Cucumber Onion Raita	820 kcal / 25g				
SW 2	Fruits: Papaya, Banana, Apple and Guava will be served in rotation throughout the week								
26/05/25	Monday	Green moong Chilla + Potato bhaji + Fruit	420 kcal / 16g	Roti + Palak Moong + Masoor Dal+ Stuffed Bhindi + Onion Rice+ Carrot Raita	880 kcal / 28g				
27/05/25	Tuesday	Potato sandwich + Green Chutney + Fruit	450 kcal /12g	Roti + Mixed Dal Tadka+ Masala Gobhi + Mint Rice+ Buttermilk	800 kcal / 25g	Roasted Chana	50gm	75gm	75gm
28/05/25	Wednesday	Methi Parantha + Curd + Fruit	430 kcal/ 15g	Roti + Moong Dal+ Potato Cabbage + Steam Rice with Ghee+ Beetroot Raita	850 kcal / 25g	Cookies Ragi	2 No.	3 No.	3 No.
29/05/25	Thursday	Potato Peas Poha + Coconut Chutney + Fruit	450 kcal / 10g	Roti + Sambar + Dosa Potato curry + Curd Rice + Mixed Veg salad	810 kcal / 26g	Popcorn	50gm	75gm	75gm
30/05/25	Friday	Sevai Upma + Chutney + Fruit	400 kcal /12g	Paratha +Kadhai Paneer + Mix Veg Pulao + Gulab Jamun	1000 kcal / 30g	Tetra Pack buttermilk	1	1	1
31/05/25	Saturday	Idli Sambhar (3 Pc)	450 kcal/ 15g	Roti + Toor Dal + Capsicum Peas and Carrot Veg + Jeera Rice+ Buttermilk	800 kcal / 27g	Banana Chips	50gm	75gm	75gm
<ul style="list-style-type: none"> This plan aims to meet the nutritional needs of students (ages 2.5 to 18) and staff (up to 55 years old) by ensuring a balanced intake of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals). The plan is designed to be culturally appropriate, inclusive of diverse dietary preferences, and aligned with modern nutritional standards to promote overall health, well-being, and academic performance. Balanced Caloric Intake: Each breakfast is designed to provide 350-450 kcal energy and 10-15 grams of protein. Each lunch is designed to provide 700-800 kcal of energy and 25-30 grams of protein, The meal plan aligns well with the recommended dietary allowance (RDA) for school-aged children as per ICMR. Appealing and Delicious: Meals are designed to be visually appealing and flavorful while ensuring optimal nutrition, encouraging children to enjoy their meals without compromise. 									

KEY CONSIDERATIONS BY ICMR FOR MEETING THE DAILY DIETARY REQUIREMENT

The table shown below provides a clear overview of the ideal balance of macronutrients in a typical breakfast/lunch for schoolchildren, teens, or adults.

Nutrient	Recommended Intake Breakfast	Source Examples	Recommended Intake Lunch	Source Examples
Total Calories	300-600 kcal (depending on age)	Varies based on age and activity level	500-800 kcal (depending on age)	Varies based on age and activity level
Carbohydrates	45-60% of total calories 40-60 g	Whole grains, fruits, vegetables, starchy foods	50-60% of total calories 60-90g	Whole grains, rice, roti, vegetables, legumes
Protein	15-20% of total calories 10-20 g	Yogurt, beans, nuts, seeds, Paneer	15-20% of total calories 15-25g	Lentils, paneer, legumes, dairy, nuts
Healthy Fats	15-20% of total calories 10-15 g	Nuts, seeds, refined oil	15-20% of total calories 15-20g	Ghee, refined oil, nuts, seeds