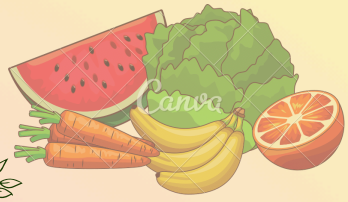
Breakfast

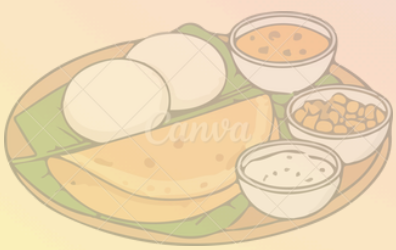
WISDOM HIGH GROUP OF SCHOOLS



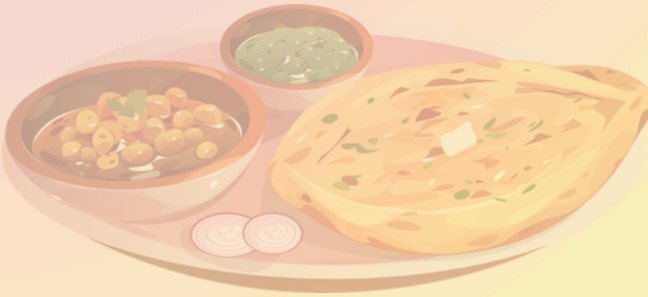
KIDS FOOD MENU

Menu By: Dt. Kim Somaiya Nutritionist Health Orbit, Nashik

MON	TUE	WED	THU	FRI	SAT	SUN
						1 • Holiday
2 • Sabudana Khichadi	3 • Vegetable Cutlet & Sauce	4 • Idli Sambhar	5 • Holiday	6 • Holiday	7 • Holiday	8 • Holiday
9 • Holiday	10 • Holiday	11 • Holiday	12 • Holiday	13 • Holiday	14 • Holiday	15 • Holiday
16 • White Dhokla & Chutney	17 • Vegetable Upma & Chutney	18 • Sprout Bhelpuri	19 • (Wheat) Pav Bhaji • Jain Pav Bhaji	20 • Samosa & Palak Pulav with Tomato Soup For Gr. 1 &2 ,Samosa For 3 to 7 & Poha Gr.8 to 10 • Corn samosa For Grd 1 to 7 & Poha For Grd 8 to 10	21 • Samosa For Gr. 8to 10 Poha Grd 7	22 • Holiday
23 • Masala Paratha & Aloo Subji • Masala Paratha & Chole	24 • Moong Dal Khichdi & Papad Chutney	25 • Spounge Uttapa & Sambhar	26 • Rajma Chawal	27 • Batatawada & Chutney • Banana wada & Chutney	28 • Mayo Sandwich	29 • Holiday
30 • Ragi idli & sambhar						







WISDOM HIGH GROUP OF SCHOOLS

KIDS FOOD MENU

Menu By: Dt. Kim Somaiya
Nutritionist Health Orbit, Nashik



MON	TUE	WED	THU	FRI	SAT	SUN
						1 • Holiday
2 • Green Salad • Chapati • Usal Latpata • Yellow Kadhi • Plain Rice	3 • Mix Salad • Chapati • Chana Cabbage • Dal Tadka • Jeera Rice	4 • Peanut Salad • Chapati • Besan Simla • Dal Palak • Coriander Rice	5 • Holiday	6 • Holiday	7 • Holiday	8 • Holiday
9 • Holiday	10 • Holiday	11 • Holiday	12 • Holiday	13 • Holiday	14 • Holiday	15 • Holiday
16 • Dahi Koshimbir • Chapati • Methi Matar Malai • Daal Tadka • Jeera Rice	17 • Kala Chana Salad • Chapati • Bhindi Pyas • Gujrathi Kadhi • Yellow Dal Khichadi	18 • Sprout Salad • Chapati • Lauki Chana • Moong Daal Tadka • Steam Rice	19 • Hara bhara Kabab • Chapati • Paneer Butter Masala • Veg Pulav • Pineapple Halwa	20 • Peanut Salad • Chapati • Aloo Gobhi • Methi Daal • Jeera Rice	21 • Sprout Salad • Chapati • Baingan Masala • Gujrathi Kadhi • Steam Rice	22 • Holiday
23 • Dahi Koshimbir • Chapati • Gatti Sabji • Monng Dal Tadka • Coriander Rice	24 • Mix Salad • Chapati • Dum Aloo • Mix Daal • Mutter White Pulav	25 • Kala Chana Salad • Chapati • Aloo Gobhi • Mithi Dal • Steam Rice	26 • Veg Noodles • Manchurian Gravy • Corn Soup • Fried Rice • Jelly Custrard	27 • Green Salad • Chapati • Mix Veg • Daal Tadka • Coriander Rice	28 • Peanut Salad • Chapati • Aloo Mutter • Gujrathi Kadhi • Yellow Dal Khichadi	29 • Holiday
30 • Green Salad • Chapati • Aloo Beans • Daal Palak • Jeera Rice						

Curd and Fruits will be served daily according to seasonal availability.
Note-If any child is allergic to any food item,parents have to inform school in written and restrict the child not to eat the particular food and on such days the child can carry tiffin from home.

Ms. Varsha Mahore
CEO - WHIS Group of Schools
Campus Head (SMC)

Mr. Deepak Borle
Principal Director
Wisdom High International School & Jr. College
ICSE / SSC / Jr. College

Ms. Archita Lala
Admin Head
WHIS Group of School