



## Tiffin Box Schedule

Days	Short Break	Lunch Break
Monday	Fruits	Vegetable stuffed paratha with chutney or curd or raita / Vegetable wraps
Tuesday	Vegetable salad	Rajmah-chawal/Chole-chawal/ Vegetable Pulao
Wednesday	Dry fruits	Puri sabji/Bread butter/Sandwich
Thursday	Sprout salad	Vegetable and Peanut poha / Upma / Idli / Oats/ Uttapam
Friday	Fruits	Fried rice/ Vegetable or paneer paratha