

## TIFFIN BOX SCHEDULE

<u>Days</u>	<u>Short Break</u>	<u>Lunch Break</u>
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
Saturday	Own Choice but no Junk Food	