**MOUNT LITERA ZEE SCHOOL, HARIDWAR**

**Circular - Nur / Jr.KG / Sr .KG Date: 09.11.2017**

The school is organizing '**Healthy Food Week & Sports Week'** from 13th Nov.2017 to 17th Nov.2017.Kindly send

the mentioned menu given below with your ward.

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| **Day** | **Date** | **Food Item** | **Fruit** |
| **Monday** | 13th Nov.2017 | Idli / Poha /Upma | Apple |
| **Tuesday** | 14th Nov.2017 | Vegetable sandwich/ Bread Butter/Bread Jam | Pomegranate |
| **Wednesday** | 15th Nov.2017 | Any stuffed Parantha/ Chila | Banana |
| **Thursday** | 16th Nov.2017 | Any Green Vegetable with Parantha/Roti | Pear/ Guava |
| **Friday** | 17th Nov.2017 | Vegetable Pulav | Fruit salad |