



FOOD POLICY



MEAL TIME

GRADES	HOME MEAL BREAK <i>Breakfast - bring it from Home</i>	SCHOOL MEAL BREAK <i>Meal provided by the School</i>	FINGER FOOD <i>Snacks provided by the School</i>
Playgroup	N.A.	12:00 Noon to 12:30 PM	N.A.
Nursery	9:45 AM to 10:00 AM	12:00 Noon to 12:30 PM	N.A.
Junior KG	9:45 AM to 10:00 AM	12:00 Noon to 12:30 PM	2:25 PM to 2:40 PM
Senior KG	9:45 AM to 10:00 AM	12:00 Noon to 12:30 PM	2:25 PM to 2:40 PM



CORE PRINCIPLES



Vegetarian-only school.



Eggs not allowed.



Real food over packaged food.



Local and seasonal.



SCHOOL CANTEEN *As applicable

BREAKFAST, LUNCH AND FINGER FOOD*



Strictly vegetarian and egg-free.



Locally sourced ingredients.



Freshly cooked meals.



Monthly menu shared with parents.



PACKAGED SNACKS, JUICES, COLAS AND ENERGY DRINKS ARE NOT SERVED.



NEVER ALLOWED / NEVER SERVED



PACKAGED CHIPS OR NAMKEEN, BRANDED SNACKS.



CANDIES, TOFFEES, CHOCOLATE BARS.



INSTANT NOODLES AND PACKAGED READY-TO-EAT MEALS.



AERATED, SUGARY DRINKS, BISCUITS AND PACKAGED COOKIES.



FOODS WITH ARTIFICIAL COLOURS, FLAVOURS, OR PRESERVATIVES.



BIRTHDAY CELEBRATIONS



You may send 500 gms sponge cake / healthy cake.



Civil attire permitted :
Students may come to school in civil attire.



FONDANT CAKES, ICING, SPRINKLES, CHOCOLATE CHIPS, AND SIMILAR DECORATIONS ARE NOT ALLOWED.



DO NOT HAND OVER ITEMS TO CHILDREN ON OR AROUND THE SCHOOL PREMISES.



You may send any Indian sweet for your child's class.



The pictures of the celebration will be shared with the parents.



NO RETURN GIFTS, STATIONERY ITEMS, CHOCOLATES, DONUTS, OR BOMBOLONI TO BE DISTRIBUTED ON CAMPUS.



TEACHERS CANNOT BE INVITED TO PERSONAL CELEBRATIONS.



HOME TIFFIN SUGGESTIONS*

*Parents may select from the recommended food options or provide alternative food items, provided they adhere to the guidelines outlined in this policy.

BREAKFAST for Home Meal Break (As applicable)

Mamara • Khakhara • Makhana • Corn Puff
Popocorn • Poha • Paratha • Thepla • Handvo
Chilla • Muthiya • Upma • Idli • Idada • Dhokla
Dosa • Samosa • Kachori • Sukhdi • Sheera
Fruits • Dry fruits • Laddoo • Chikki

SCHOOL TRIPS AND EVENTS

Homemade dry snacks allowed.

SPECIAL RULE



BREAD AND BREAD-BASED PREPARATIONS ALLOWED ON WEDNESDAYS ONLY.



ROLE OF PARENTS



Pack tiffin according to guidelines.



Ask: “Will this food nourish my child?”



Contact the school for genuine dietary concerns.



DO NOT SEND JUNK FOOD.



PLASTIC BOTTLES ARE NOT ALLOWED.



PACKAGED SNACKS, JUICES, COLAS, AERATED DRINKS AND ENERGY DRINKS ARE NOT ALLOWED.



EATING ROUTINES



Wash hands before meals.



Moment of gratitude before meals.



Keep eating spaces clean.



Take what you can finish.



WHAT TO PACK CHECKLIST



Homemade



Appropriate for specific mealtime



Freshly Prepared



Vegetarian



Traditional



Nutritious



Filling



AVOID ALUMINIUM FOIL, CLING FILM, PLASTIC BOXES.

IT IS THE PRIMARY RESPONSIBILITY OF PARENTS TO ENSURE THAT BREAKFAST / HOME LUNCH / EVENING SNACKS IS PACKED ACCORDING TO THE ABOVE GUIDELINES.