



FOOD POLICY

CORE PRINCIPLES

-   Vegetarian-only school, eggs not allowed
-   Real food over packaged food
-   Local and seasonal

SCHOOL CANTEEN*

*Provided by school on opt-in basis

BREAKFAST, LUNCH AND EVENING SNACKS

-  Strictly vegetarian and egg-free
-  Locally sourced ingredients
-  Monthly menu shared with parents
-  **PACKAGED SNACKS JUICES, COLAS AND ENERGY DRINKS ARE NOT SERVED**

BIRTHDAY CELEBRATIONS

-  No edible treats to be distributed on campus : No Sweets, Chocolates, Cakes, Candies, Pastries
-  Civil attire permitted : Students may come to school in civil attire
-  Birthday students will be acknowledged during the day
-  Students must adhere to the School Food Policy

NEVER ALLOWED / NEVER SERVED

-   Packaged Chips or Namkeen, Branded Snacks
-   Candies, Toffees, Chocolate Bars
-   Instant Noodles and Packaged Ready-to-eat Meals
-   Aerated and Sugary Drinks
-   Biscuits and Packaged Cookies
-   Foods with Artificial Colours, Flavours, or Preservatives

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

Poha • Upma • Sabudana Khichdi • Thalipeeth • Sheera • Idli • Dosa • Uthappam • Sprout Bhel

LUNCH

Bhakri-Sabji • Varan-Bhaat • Amti-Rice • Roti-Dal-Sabji • Khichdi • Pulao • Misal-Curd

ACCOMPANIMENTS

Homemade Pickles • Chutneys • Curd • Chaas • Salad • Seasonal Fruits • Dry Fruits

EVENING SNACKS

Seasonal Fruits • Chana Dana • Makhana • Mathri • Chakli • Chikki • Laddoo

SCHOOL TRIPS AND EVENTS

Homemade dry snacks allowed

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**

SPECIAL RULE

 **BREAD AND BREAD-BASED PREPARATIONS ALLOWED ON WEDNESDAY ONLY**

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.