

**St. Mary's School, Dwarka**  
**Mid – Day Meal Planner for the Month of May 2023**

***“The First Wealth is Health”***

|            |               |  |
|------------|---------------|--|
| 01.05.2023 | <b>Monday</b> | Puri, Chana & Halwa                        |
| 02.05.2023 | Tuesday       | Mix Vegetable Paneer & Chapati and Dessert |
| 03.05.2023 | Wednesday     | Rajma Rice and Fruit                       |
| 04.05.2023 | Thursday      | Aloo Mutter & Chapati                      |
| 08.05.2023 | Monday        | Kadi Rice and Dessert                      |
| 09.05.2023 | Tuesday       | Mix Vegetable Paneer & Chapati             |
| 10.05.2023 | Wednesday     | Vegetable Noodles and Frooti               |
| 11.05.2023 | Thursday      | Lobia Rice and Dessert                     |
| 12.05.2023 | Friday        | Matar Paneer & Chapati and Fruit           |
| 15.05.2023 | Monday        | Lauki Chana Dal & Rice and Dessert         |
| 16.05.2023 | Tuesday       | Palak Paneer and Chapati                   |
| 17.05.2023 | Wednesday     | Rajma Rice                                 |
| 18.05.2023 | Thursday      | Aloo Matar & Chapati                       |
| 19.05.2023 | Friday        | Kala Chana & Puri and Gulab Jamun          |

*Lita Bharti*  
**Teacher-In-Charge**

*Seema Bala*  
**Vice Principal**

*Sheenu Dewan*  
**Proprietor**

*Pallavi*  
**Principal**

**“The First Wealth is Health”**