



D.A.V International School, Ahmedabad  
C I R C U L A R  
Grade I to X

AO/PR/Cir/07/ 03

14.07.15

Dear Parents,

Greetings from D.A.V International school!

To promote and inculcate a habit of having healthier balanced nutritional diet and wellness plan, we are delighted to inform you regarding the introduction of canteen facilities for the students from grade 1 to 10 in our school.

Keeping in mind about the deep concern of parents regarding the diet related problems observed by them, we are incorporating wholesome food choices and enhancing the provision of balanced diet among the students to achieve an imperative for the holistic development of the child. Furthermore, the school canteen would also reinforce the nutrition education given in the class by providing the required calories at school, which would further help in combating childhood obesity and other diet related problems among the students.

Interested parents are requested to enroll the names of their ward to the class teacher for availing the following optional facility. Students would be provided lunch during the school hours as per the below mentioned timing.

**LUNCH TIMINGS**

Class	Timing
I to II	12.10 p.m – 12.50. p.m
3 to 7	11.15 a.m - 11.40 a.m
8 to 10	11.40 a.m - 12.10 p.m

**PAYMENT OPTIONS**

The canteen facility can be availed by students on payment of the below mentioned amount, through a cheque drawn in favour of D.A.V International School, Ahmedabad, on quarterly basis.

	Amount per Plate (Unlimited)	QUATERLY PAYMENT		
		August and September	October to December	January to March
Class I &II	Rs. 35/-	35x24x2= Rs.1680	35x24x3= Rs.2520	35x24x3= Rs.2520
Class III to V	Rs. 40/-	40x24x2= Rs.1920	40x24x3= Rs.2880	40x24x3= Rs.2880
Class VI to X	Rs. 45/-	45x24x2= Rs.2160	45x24x3= Rs.3240	45x24x3= Rs.3240

- ❖ The months with greater number of holidays would be adjusted accordingly.
- ❖ Incase if a student requires lunch for a particular day or two, the student needs to intimate about it to the class teacher two days prior to it by remitting the said amount to the class teacher.

### **MENU:**

**Following is the illustrative list of items of menu for the month, which would be repeated after 12 days. The students would be provided adequate (unlimited food), as desired by them.**

DAY-1	➤ Mix Sabji , Roti, Dal-Fry, Jira Rice, Green Salad
DAY-2	➤ Chole Masala, Puri, Pulav, Achar, Butter-Milk
DAY-3	➤ Bhindi Masala, Roti, Dal-Gujarati, Rice, Boondi Raita
DAY-4	➤ Idli/Medu Vada, chutney, Halwa
DAY-5	➤ Mutter-Paneer, Paratha, Dal-Panchratna, Jeera Rice , Butter-Milk
DAY-9	➤ Bhaji-Pav, Pulao, Papad, Fruit Bowl
DAY-7	➤ Soup, Vegetable Makhnwala, Dal-Makhani, Rice, Paratha, Butter Milk
DAY-8	➤ Aloo Mutter- Gobi, Roti, Rice, Kadhi, Salad
DAY-9	➤ Vegetable Paratha, Masala Dahi, Papad, Vegetable Pulao
DAY-10	➤ Soup, Manchurian Fry Gravy, Fried Rice, Fruit
DAY-11	➤ Juice, Dhokla, Ragda Patties
DAY-12	➤ Soup, Corn Pulao, Vegetable Sandwich / Paneer Chilla, Green Chutney

**NOTE:** Food items for short breaks are to be provided from home. **Only Fruits, salads, sprouts or dry fruits** are allowed. No junk food shall be entertained in the school.

Looking forward for your kind cooperation, in enabling us to implement this initiative for providing a suitable and healthy schooling life for students.

Warm Regards,

Dr. Nivedita Ganguli  
Principal