



DON BOSCO SENIOR SECONDARY SCHOOL

Nerul, Navi Mumbai

06th August 2026

DBSSN/R/ACAD/I-XII/AUGUST/26/64

Dear Parents,

Greetings from **Don Bosco Senior Secondary School**.

As part of our continuous effort to promote the health, well-being, and holistic development of our students, we are pleased to share the enclosed **Nutrition Guidelines**. These recommendations have been prepared to encourage healthy eating habits and ensure that children receive nutritious meals that support their physical growth, concentration, and overall development.

We sincerely request you to:

- Read the guidelines carefully.
- Follow the recommended meal suggestions while preparing your child's tiffin.
- Encourage your child to develop healthy food habits at home and in school.
- Avoid sending junk food, sugary drinks, and highly processed snacks.

We believe that the combined efforts of the school and parents can help our children develop lifelong healthy eating habits.

We request you to **follow these guidelines consistently for one month**. At the end of the month, we would greatly appreciate your feedback regarding your child's response, eating habits, and any suggestions you may have.

Kindly share your feedback by email at:

✉ donbosconerul@gmail.com

Your valuable feedback will help us evaluate the effectiveness of this initiative and make improvements wherever necessary.

Thank you for your wholehearted support and cooperation in nurturing healthy lifestyles for our children.

With warm regards,

Lalvani Chandhuri
6/8/26

Principal
Don Bosco Senior Secondary School, Nerul





Weekly Tiffin Plan

For Students of Classes I to V

A balanced tiffin provides the right nutrients for your child's growth, energy, immunity and concentration in school. Include a variety of foods from all food groups in the right portions.

SUGGESTIVE IDEAS FOR BETTER GROWTH

DAY	MAIN TIFFIN	FRUIT	DRINK
MONDAY 	Vegetable Poha + Boiled Egg / Paneer Cubes / 2 Whole Wheat Rotis & Mixed Veg	Banana 	Water or milk 
TUESDAY 	2 Whole Wheat Chapatis with Paneer / Chicken & Vegetables	Apple 	Water or buttermilk 
WEDNESDAY 	2 Idlis with Coconut Chutney and Cucumber Sticks / 1 Veg Sandwich (2 slices)	Orange 	Water 
THURSDAY 	Vegetable Upma with Roasted Chana / Sabudana Khichdi	Guava 	Homemade Lemonade (less sugar) 
FRIDAY 	Vegetable Pulao + Curd / Raita / 1 Veg Sandwich (2 slices)	Papaya 	Water 

HEALTHY TIPS

- Include a variety of foods from all food groups.
- Add fruits and vegetables every day.
- Use less oil and avoid deep fried food.
- Encourage your child to drink plenty of water.



Water is the best drink!

FOODS TO AVOID OR LIMIT

- Chips, Kurkure, and packaged snacks
- Chocolates, candies and chewing gum
- Instant noodles and fast food
- Pizza, burgers, fries
- Sugary biscuits, cakes and pastries
- Soft drinks, energy drinks
- Packaged juices and aerated drinks
- Too much mayonnaise, ketchup and sauces



BRAIN FOODS FOR BETTER CONCENTRATION

- Milk, Curd, Paneer
- Eggs
- Nuts (Almonds, Walnuts)
- Peanuts
- Banana
- Green leafy vegetables
- Fish (for Non-Vegetarians)



Note: Portion size should be age appropriate. Pack food hygienically and send a water bottle daily.

