



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 IX to XII

Balanced Indian school tiffin to meet the nutritional needs of teenagers by providing sustained energy, quality protein, healthy fats, and essential vitamins and minerals for learning, growth and physical activity.

SUGGESTIVE IDEAS FOR BETTER GROWTH

DAY	MAIN TIFFIN	FRUIT	DRINK
MONDAY 	Grilled chicken / paneer tikka / vegetable with whole wheat chapati and salad	Apple 	Buttermilk 
TUESDAY 	Rajma with white/brown rice and cucumber-carrot salad	Banana 	Water 
WEDNESDAY 	Whole wheat vegetable pasta with grilled paneer or boiled eggs / 2 roti with sabzi	Orange 	Milk 
THURSDAY 	Sprouted moong & chickpeas salad with sweet potato and roasted peanuts / dal paratha	Guava 	Coconut water 
FRIDAY 	Vegetable quinoa (or millet) khichdi with curd / egg sandwich	Seasonal fruit 	Water 

HEALTHY TIPS

- Include a good source of protein in every tiffin
- Choose whole grains over refined flour whenever possible
- Eat at least one seasonal fruit everyday
- Drink sufficient water throughout the day
- Limit packaged snacks and prefer homemade meals
- Get adequate sleep and stay physically active



Water is the best drink!

FOODS TO AVOID OR LIMIT

- Soft drinks, energy drinks and excessive caffeine
- Instant noodles and packaged ready-to-eat meals
- Deep-fried fast foods (burgers, fries, fried chicken, etc)
- Chips, namkeen and processed snacks high in salt
- Cakes, pastries, doughnuts and sugary desserts
- Candy and excessive chocolates
- Processed meats such as sausages and nuggets
- Packaged fruit juices and sugary beverages
- Skipping breakfast or replacing meals with junk food



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.

