



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.

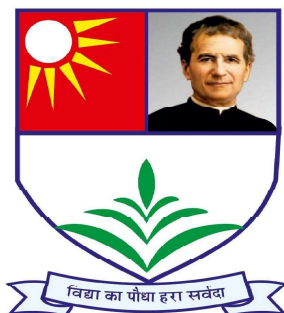
Thank you for your wholehearted support and cooperation in nurturing healthy lifestyles for our children.

With warm regards,

Lalvani Chandhru
6/8/26

Principal
Don Bosco Senior Secondary School, Nerul





Weekly Tiffin Plan

For Students of Std. VI to VIII

Balanced Indian school tiffin to support growth, immunity, energy, concentration, and increased nutritional needs during adolescence.

SUGGESTIVE IDEAS FOR BETTER GROWTH

DAY	MAIN TIFFIN	FRUIT	DRINK
MONDAY 	Vegetable paneer paratha with curd / paneer sandwich	Banana 	Water or milk 
TUESDAY 	White rice vegetable pulao with boiled egg or soya chunks / 2 roti with sabzi	Apple 	Buttermilk 
WEDNESDAY 	Whole wheat chapati with mixed vegetable and paneer / chicken	Orange 	Water 
THURSDAY 	Moong dal chilla with mint chutney / egg sandwich / dal paratha	Guava 	Coconut water 
FRIDAY 	Vegetable noodles (homemade, whole wheat) with sprouts salad / egg sandwich	Seasonal fruit 	Water 



HEALTHY TIPS

- Include a protein source every day.
- Eat one seasonal fruit daily.
- Carry a water bottle and stay hydrated.
- Prefer homemade meals over packaged foods.
- Include colourful vegetables in the tiffin.



Water is the best drink!



FOODS TO AVOID OR LIMIT

- Packaged chips and wafers
- Sugary soft drinks and energy drinks
- Packaged fruit juices with added sugar
- Instant noodles and highly processed ready-to-eat foods
- Deep-fried snacks
- Cakes, pastries and cream biscuits
- Candies and excessive chocolates
- Processed meats such as sausages and nuggets
- Excess tea, coffee and caffeinated beverages



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.

