



Griffins International School

CBSE Affiliation No- 2430226
 Plot No- 489, NH- 60, Mouza- Khatranga, P O- Khatranga. Kharagpur. Pin- 721301
Circular No – GIS/2023-24/Cir/038
Date: 08th September, 2023



Dear Parent,

Greetings from Griffins International School!

Healthy Eating For Kids

five food groups

1. breads, cereals
2. fruit
3. vegetables
4. dairy
5. meat, chicken, fish, eggs

{Balance}

- 5 Food Groups + water
- Everyday
- 30 Minutes Exercise

WHY?
 Good nutrition helps your body...

- Clever Brain
- Good Mood
- Happy Tummy
- Energy
- Healthy Weight
- Fights Diseases

How Much Food Each DAY??

- Bread and Cereals – 6-8 serves (1 slice bread, ½ cup cereal/rice or pasta)
- Fruit – 1-2 pieces
- Vegetables – 1-2 cups
- Meat/Chicken – size of your palm
- Fish – 1 small tin tuna or piece size of your hand
- Dairy – 3 serves (250ml milk, 200g yoghurt, 30g cheese)

think!
 Always think twice before you eat **fried food, sweets, soft drink/soda, biscuits, chips and other fatty food.**
 These foods can affect your health and how you feel. ☹️☹️
 See the WHY? List.

Healthy Habits

SLOW CARBS

LOW FATS

VEGGIES

AMINO

WHOLE GRAIN

♣️ Please find attached the Tiffin menu for the 03rd, 04th & 05th week which will be followed from the month of September 2023. (w.e.f. Monday, 11th September 2023)

03 rd WEEK MENU		04 th WEEK MENU		05 th WEEK MENU	
DAY	TIFFIN	DAY	TIFFIN	DAY	TIFFIN
MONDAY	PURI, SABJI	MONDAY	METHI PURI, CHOLAR DAL	MONDAY	CHOLE BHATURE
TUESDAY	VADA PAV, SALAD, SAUCE	TUESDAY	MISAL PAV	TUESDAY	PAV BHAJI
WEDNESDAY	PODI UTTAPAM, COCONUT CHUTNEY	WEDNESDAY	MIX VEG DALIA, PAPAD	WEDNESDAY	MASALA IDLI, SAMBHAR
THURSDAY	VEG NOODLES, SAUCE	THURSDAY	KULCHA, ALOO DRY PEAS MASALA	THURSDAY	RAVA UPMA, COCONUT CHUTNEY
FRIDAY	POTATO SANDWICH	FRIDAY	ALOO PARATHA, SALAD, SAUCE	FRIDAY	VEG NOODLES, SALAD, SAUCE
SATURDAY	VEGETABLE ROLL	SATURDAY	MASALA DOSA, CHUTNEY	SATURDAY	BREAD PAKORA, SALAD, SAUCE

Note: - Anyone who wishes to avail the tiffin service is required to fill the below given Google link

<https://forms.gle/cWwm5CPQ4LnUQmeW8>

Regards
 Principal



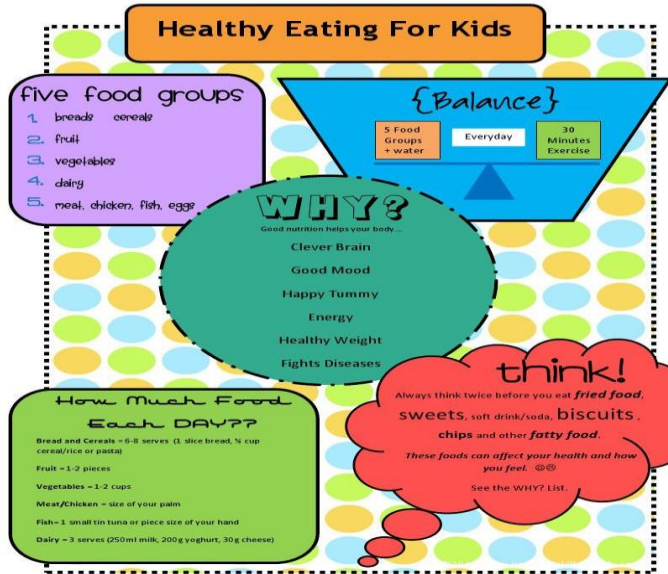
Griffins International School

CBSE Affiliation No- 2430226
Plot No- 489, NH- 60, Mouza- Khatranga, P O- Khatranga. Kharagpur. Pin- 721301
Circular No – GIS/2023-24/Cir/038
Date: 08th September, 2023



प्रिय अभिभावक,

ग्रिफिन्स इंटरनेशनल स्कूल की ओर से ढेर सारी बधाईयाँ!



SLOW CARBS



LOW FATS



Healthy habits



VEGGIES

AMINO



WHOLE GRAIN



❁ कृपया तीसरे, चौथे और पांचवें सप्ताह के संलग्न किए गए टिफिन मेनू को देखें, जिसका पालन सितंबर 2023 माह से किया जाएगा। (सोमवार, 11 सितंबर 2023 से)।

03 rd WEEK MENU		04 th WEEK MENU		05 th WEEK MENU	
DAY	TIFFIN	DAY	TIFFIN	DAY	TIFFIN
MONDAY	PURI, SABJI	MONDAY	METHI PURI, CHOLAR DAL	MONDAY	CHOLE BHATURE
TUESDAY	VADA PAV, SALAD, SAUCE	TUESDAY	MISAL PAV	TUESDAY	PAV BHAJI
WEDNESDAY	PODI UTTAPAM, COCONUT CHUTNEY	WEDNESDAY	MIX VEG DALIA, PAPAD	WEDNESDAY	MASALA IDLI, SAMBHAR
THURSDAY	VEG NOODLES, SAUCE	THURSDAY	KULCHA, ALOO DRY PEAS MASALA	THURSDAY	RAVA UPMA, COCONUT CHUTNEY
FRIDAY	POTATO SANDWICH	FRIDAY	ALOO PARATHA, SALAD, SAUCE	FRIDAY	VEG NOODLES, SALAD, SAUCE
SATURDAY	VEGETABLE ROLL	SATURDAY	MASALA DOSA, CHUTNEY	SATURDAY	BREAD PAKORA, SALAD, SAUCE

Note: - Anyone who wishes to avail the tiffin service is required to fill the below given google link

<https://forms.gle/cWwm5CPQ4LnUQmeW8>

सम्मान में
प्रधानाचार्य



Griffins International School

CBSE Affiliation No- 2430226
Plot No- 489, NH- 60, Mouza- Khatranga, P O- Khatranga. Kharagpur. Pin- 721301
Circular No – GIS/2023-24/Cir/038
Date: 08th September, 2023



প্রিয় অভিভাবকবৃন্দ

গ্রিফিন্স আন্তর্জাতিক বিদ্যালয়ের পক্ষ থেকে শুভেচ্ছা!



SLOW CARBS



LOW FATS



Healthy habits



VEGGIES

AMINO

WHOLE GRAIN



❖ অনুগ্রহ করে তৃতীয়, চতুর্থ এবং পঞ্চম সপ্তাহের জন্য টিফিন সূচিটি লক্ষ্য করুন যা ২০২৩ সালের সেপ্টেম্বর মাস থেকে কার্যকর হবে। (সোমবার, ১১ সেপ্টেম্বর ২০২৩ থেকে)।

03 rd WEEK MENU		04 th WEEK MENU		05 th WEEK MENU	
DAY	TIFFIN	DAY	TIFFIN	DAY	TIFFIN
MONDAY	PURI, SABJI	MONDAY	METHI PURI, CHOLAR DAL	MONDAY	CHOLE BHATURE
TUESDAY	VADA PAV, SALAD, SAUCE	TUESDAY	MISAL PAV	TUESDAY	PAV BHAJI
WEDNESDAY	PODI UTTAPAM, COCONUT CHUTNEY	WEDNESDAY	MIX VEG DALIA, PAPAD	WEDNESDAY	MASALA IDLI, SAMBHAR
THURSDAY	VEG NOODLES, SAUCE	THURSDAY	KULCHA, ALOO DRY PEAS MASALA	THURSDAY	RAVA UPMA, COCONUT CHUTNEY
FRIDAY	POTATO SANDWICH	FRIDAY	ALOO PARATHA, SALAD, SAUCE	FRIDAY	VEG NOODLES, SALAD, SAUCE
SATURDAY	VEGETABLE ROLL	SATURDAY	MASALA DOSA, CHUTNEY	SATURDAY	BREAD PAKORA, SALAD, SAUCE

Note: - Anyone who wishes to avail the tiffin service is required to fill the below given google link

<https://forms.gle/cWwm5CPQ4LnUQmeW8>

ধন্যবাদান্তে
অধ্যক্ষা