



# 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/044**  
**Date: 27<sup>th</sup> September, 2023**

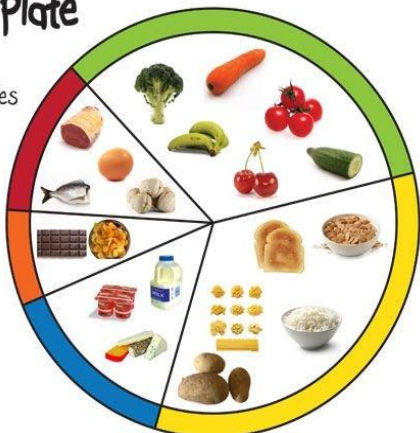


Dear Parent,

*Greetings from Griffins International School!*

## A Balanced plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars



♣ Please find attached the Tiffin menu for the 01<sup>st</sup>, 02<sup>nd</sup> & 3<sup>rd</sup> week which will be followed from the month of October 2023. (w.e.f. Tuesday, 03<sup>rd</sup> October 2023)

01 <sup>st</sup> WEEK MENU		02 <sup>nd</sup> WEEK MENU		03 <sup>rd</sup> WEEK MENU	
DAY	TIFFIN	DAY	TIFFIN	DAY	TIFFIN
MONDAY	Misal Pav	MONDAY	Pav Bhaji	MONDAY	Vada Pav
TUESDAY	Masala Podi Uttapam, Coconut Chutney	TUESDAY	Vada Sambar	TUESDAY	Veg Idli, Coconut Chutney
WEDNESDAY	Veg Noodles, Salad & Sauce	WEDNESDAY	Luchi Aloo Dum	WEDNESDAY	Rava Upma, Coconut Chutney
THURSDAY	Aloo Paratha, Salad & Sauce	THURSDAY	Plain Paratha, Aloo Matar Sabji	THURSDAY	Aloo Paratha, Salad & Sauce
FRIDAY	Upama, Coconut Chutney	FRIDAY	Idli Sambar	FRIDAY	Potato Sandwich
SATURDAY	Vegetable Roll	SATURDAY	Mix Veg Dalia, Papad	SATURDAY	Vegetable Roll






**Note: - Anyone who wishes to avail the tiffin service is required to fill the below given Google link**  
<https://forms.gle/cWwm5CPQ4LnUQmeW8>

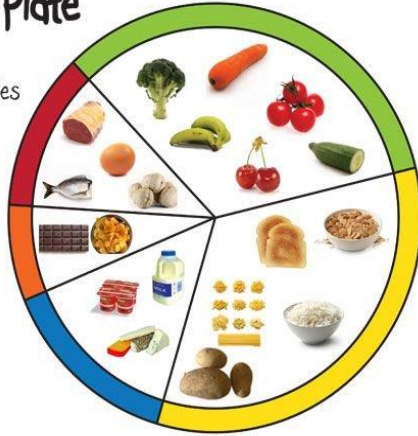
Regards  
Principal

प्रिय अभिभावक,

ग्रिफिन्स इंटरनेशनल स्कूल की ओर से ढेर सारी बधाईयाँ!

## A Balanced Plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars



♣ कृपया पहले, दूसरे और तीसरे सप्ताह के लिए टिफिन मेनू संलग्न करें, जिसका पालन अक्टूबर माह, 2023 से किया जाएगा।  
(मंगलवार, 03 अक्टूबर 2023 से)

01 <sup>st</sup> WEEK MENU		02 <sup>nd</sup> WEEK MENU		03 <sup>rd</sup> WEEK MENU	
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FRIDAY	Upama, Coconut Chutney	FRIDAY	Idli Sambar	FRIDAY	Potato Sandwich
SATURDAY	Vegetable Roll	SATURDAY	Mix Veg Dalia, Papad	SATURDAY	Vegetable Roll

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सम्मान में  
प्रधानाचार्य



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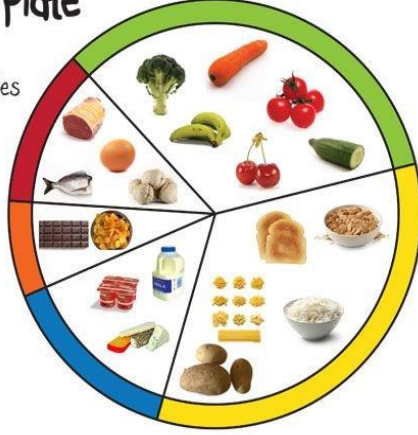


প্রিয় অভিভাবকবৃন্দ

গ্রিফিন্স আন্তর্জাতিক বিদ্যালয়ের পক্ষ থেকে শুভেচ্ছা!

## A Balanced Plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars



- ♣ অনুগ্রহ করে প্রথম, দ্বিতীয় এবং তৃতীয় সপ্তাহের জন্য সংযুক্ত টিফিন সূচিটি লক্ষ্য করুন যা অক্টোবর ২০২৩ থেকে কার্যকর হবে। (মঙ্গলবার, ৩রা অক্টোবর ২০২৩ থেকে)

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ধন্যবাদান্তে  
অধ্যক্ষা