



## ZENITHWORLD SCHOOL

(Affiliated to CBSE)

Diamond Harbour, South 24 Parganas, 743331

Contact: +91-8116250500/+91-8944818922

E-mail: info@zenithworldschool.com

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### NOTICE

Dear Parents,

Greetings from Zenith World School!

Balanced diet is essential for a child to grow healthy and strong. In order to ensure that our students receive balanced and healthy diet which will make their immune system stronger, we recommend the following food chart for your wards to be brought in school.

We shall be highly obliged if you choose to give the following food items, day-wise, starting from 05.04.2023.

Tiffin Chart	
Days	Long break
Monday	Stuffed Sandwich
Tuesday	Roti & Sabji
Wednesday	Vegetable Noodles
Thursday	Paratha/Roti & Sabji
Friday	Poha/Dalia
Saturday	Bread & Butter/Jam

\*Containing more protein- Egg bhurji, Soya beans, Chickpeas.

\*Dry Sabji made with mixed vegetables.

N.B :

- Rice, Non-Veg items (Fish, boiled egg, any kind of meat), Junk food (chocolates, chips) : These types of food are not allowed in school campus.
- Students from class I to X will bring only their long break tiffin and water bottle, they have no short break.

We solicit your co-operation.

Thanks and regards,

Teacher-in-charge