



ZENITHWORLD SCHOOL

(Affiliated to CBSE)

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RefNo.ZWS/2023-24/0002

Dated: 30.03.2023

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	Short Break
Monday	Stuffed Sandwich	Fruits
Tuesday	Roti & Sabji	Fruits/Biscuits
Wednesday	Vegetable Noodles	Fruits/Cake
Thursday	Paratha/Roti & Sabji	Dry sweets/Halwa
Friday	Poha/Dalia	Fruits

*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.
- P.G, Nursery & K.G students will follow short and long break tiffin chart.

We solicit your co-operation.

Thanks and regards,

Teacher-in-charge