



Maratha Mandir

**GLOBAL SCHOOL**

Maratha Mandir Educational Campus, JunaMalnaka,

Behind A. K. Desai High School, Ratnagiri 415612

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**Circular No.:** MMGS/2024-25/30

**Date:** 7<sup>th</sup> October 2024

**Subject:** Healthy Food Week Celebration

Dear parents and students,

Get ready to celebrate **Healthy Food Week** from **14th October 2024 to 18th October 2024!**  
This is a wonderful opportunity to encourage and explore nutritious eating habits together.

**Participate in our Healthy Food Challenges!**

Kindly note the schedule below for **Long Tiffin** and **Short Tiffin** from Monday to Friday:

**Monday: Long Tiffin:** Bhakari and leafy vegetable  
**Short Tiffin:** Fruit salad

**Tuesday: Long Tiffin:** Wheat Roti with Vegetable Curry and Sabzi  
**Short Tiffin:** Vegetable salad

**Wednesday: Long Tiffin:** Dal Rice  
**Short Tiffin:** Poha, Shira, or Upma

**Thursday: Long Tiffin:** Paratha and chutney  
**Short Tiffin:** Sprout bhel

**Friday: Long Tiffin:** Idli or Dosa  
**Short Tiffin:** Sweetcorn bhel

Let's come together and make **Healthy Choices** for a better and healthier tomorrow!

Regards,

Mrs. Kavita Vishwakarma  
Principal