



The Bharat School Menu & Lifestyle Plan (June 2025)

By Luke Coutinho
& Team Luke



From the tiffin box to the classroom, from home kitchens to school canteens — the future of India is on our plates. As part of our Honorable Prime Minister Shri Narendra Modi Ji's vision for a Healthier and Fitter Bharat, Team Luke is proud to present The Bharat School Menu & Lifestyle Plan—a free monthly initiative. This plan is designed to nourish children from the grassroots level—at home, in schools, and within families. Created by a team of integrative experts and meal analysts, the menu is backed by science and years of practical experience. It offers a balanced, holistic, and kid-friendly approach to nutrition, with both vegetarian and non-vegetarian options, simple local ingredients, and culturally relevant meals. Easy lifestyle tips are included to encourage better daily habits in children, and the menu is available in English and Hindi, with more Indian languages on the way.

This is more than just a menu—it's a movement to rethink how we feed and care for young Bharat, one meal at a time.

Become a part of a nationwide movement — to raise a generation that is healthier, stronger, and more mindful.

Week 1

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Vegetable Rice Semiya + Roasted Peanuts or Boiled Rajma or Chickpeas or Boiled Egg + Coriander Chutney	Seasonal Fruit (as available) + Dry Fruit & Seed Mix: (if allergic avoid) <ul style="list-style-type: none"> • 1 tsp pumpkin seeds • 1 tsp sesame seeds • 2-3 unsalted pistachios (halved) • 2 black raisins • Roasted chana + small piece of jaggery + Drink Option (choose 1) <ul style="list-style-type: none"> • Sattu Mint Coolant • Lemonade with Jaggery • Coconut Water with Malai • Saunf Water (Fennel-infused water for digestion) 	Beetroot, Corn & Cucumber Salad + Stuffed Brinjal & Peas Curry + Chicken Kheema or Yellow Moong Dal Tadka + Choice of Jowar Roti or Rice	Boiled Chana Chaat + Warm Ragi Malt	Mix Vegetable Soup + Stuffed Moong Dal Paneer Paratha + Coriander-Mint Amla Chutney

Tuesday	Beetroot Ragi Dosa + Tomato Peanut Chutney + Brinjal & Drumstick Sambar	Same as above	Onion & Tomato Slices + Bhindi Sabzi (Okra Stir-Fry) + Rajma or Maharashtrian Fish Curry + Choice of Khapli Wheat Roti or Jeera Rice	Besan Ladoo + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)	Carrot & Tomato Soup + Stuffed Vegetable Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney
Wednesday	Spinach, Yellow Moong Dal & Rice Flour Chilla + Raw Mango Chutney	Same as above	Steamed Beetroot & Cucumber Slices (with cumin powder) + Methi Pumpkin Sabzi + Masoor Dal or Egg Korma + Rice	Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)	Kachumber Salad + Spinach & Vegetable Millet Khichdi + Gujarati Kadhi

Thursday	A2 Paneer Bhurji Paratha or Egg Bhurji Paratha + Curd Dip	Same as above	Sliced Onion Salad (with lemon & a pinch of salt) + Mixed Veg & Soya (Non GMO) Pulao or Chicken Pulao + Steamed Bottle Gourd Raita	Roasted Sweet Potato Chaat + A2 Curd Lassi (sweetened with raw honey)	Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Mini Methi Parathas (with sesame seeds)
Friday	Stuffed Khaman Dhokla with Vegetables + Tamarind-Date Chutney	Same as above	Gajar Matar Kachumber (Carrot & Peas Tangy Salad) + Parwal-Aloo Bhujia (Pointed Gourd & Potato Stir-Fry) + Desi Mushroom Curry or Khatta Urad dal (Split Black Gram Dal) + Choice of Jowar Bhakri or Rice	Boiled Corn (Non GMO) + Kokum Sharbat (kokum pulp with jaggery, cumin powder & pink salt)	Cabbage-Carrot Koshimbir + Palak Paneer or Fish Curry + Choice of Roti or Rice

Saturday	Vegetable & Peas-Mushroom Xacuti (Goan curry) with Wheat Pao + Boiled Egg or Scrambled Egg	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam + Rice	Apple Slices with Unsweetened Peanut Butter + Cucumber Mint Cooler	Sweet Potato Salad + Masala Dosa with Aloo-Peas Filling + Drumstick Pumpkin Sambhar + Coconut Chutney
Sunday	A2 Paneer Masala Roll or Egg Roll (Whole Wheat Roti Wrap) + Mint Chutney	Same as above	Fresh Cabbage & Carrot Salad (with lemon dressing) + Moong Ussal or Fish Curry + Tendli Bhaji (Ivy Gourd Stir-Fry) + Sol Kadhi (kokum-coconut digestive drink) + Rice	Dry Fruit & Seed Ladoo + Ginger Lemonade	Spinach Soup + Moong Dal Kadhi with Methi or Chicken Curry + Little Millet (Sama) Pulao

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Stuffed Vegetable Idly + Coconut Chutney + Brinjal & Carrot Sambar	Seasonal Fruit (as per availability) + Dry Fruit, Seed & Makhana Mix (refer to week 1) + Warm Drink Option (choose 1) <ul style="list-style-type: none"> • Ajwain & Fennel Water (warm water infused with ¼ tsp ajwain seeds + ½ tsp fennel seeds) • Tulsi-Honey Water (warm water infused with 2-3 tulsi leaves + ½ tsp raw honey) • Cinnamon-Apple Infusion (warm water steeped with apple slices + pinch of Sri Lankan cinnamon powder) • Cacao Hot Chocolate (warm A2 milk or plant-based milk with 1 tsp unsweetened cacao powder + ½ tsp jaggery) 	Steamed Beetroot Salad + Cabbage Tomato Curry + Masoor Dal Tadka or Chicken Stew + Ragi Roti or Rice	Homemade Non-GMO Popcorn + Sesame & Jaggery Ladoo	Spinach & Dal Soup + Vegetable Pulao with Mixed Vegetables or Egg Pulao + Homemade Pickle (carrot & ginger pickle)

Tuesday	Besan & Rice Flour Vegetable Chilla or Egg Omelet with Vegetables & Wholemeal Toast + Mint Chutney	Same as above	Cucumber Salad (with cumin powder) + Carrot Beans Thoran + Garlic Dal or Egg Korma + Chapati or Jeera Rice as per choice	Boiled Moong Chaat + Dates & Nuts with A2 Milk	Pumpkin & Lentil Soup + Stuffed Methi & Paneer Paratha (served with curd)
Wednesday	Daliya Upma with Peas & Veggies + Peanut Tomato Chutney	Same as above	Kachumber Salad (cucumber, tomato, onion & a squeeze of lemon) + Aloo Baingan (Potato & Eggplant Curry) + Dal Tadka or Egg Bhurji (scrambled eggs with Indian spices) + Choice of Bajra Roti or Rice	Fruit Chaat (apple, pomegranate & orange with chaat masala, lime & pumpkin seeds) + Fresh Sugarcane Juice	Mixed Vegetable Salad (cucumber, carrot, beet with lemon & jeera powder) + Paneer Peas Sabzi or Mild Fish Curry + Jeera Paratha

Thursday	Beetroot & Soya (Non GMO) Uttapam or Beetroot & Egg Uttapam + Peanut Chutney	Same as above	Dahi Pyaaz (onion & yogurt salad with a dash of cumin & coriander) + Aloo Gobi (Potato & Cauliflower Curry) + Rajma curry + Choice of Roti or Rice	Mango cubes topped with soaked nuts powder (almonds, walnuts, cashews) + Sattu Smoothie (made with water or A2 milk, a dash of jaggery & cardamom)	Carrot Salad + Lauki & Peas Kofta Curry or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)
Friday	Aloo & Dal Paratha or Chicken Keema Paratha + Curd Dip	Same as above	Cucumber & Tomato Salad (with coconut dressing) + Avial (mixed vegetables in coconut & yogurt gravy) + Kadala Curry (Black Chickpea Curry) or Kerala-Style Egg Curry + Rice	Boiled Egg Chaat (sliced eggs with black salt, pepper & a squeeze of lime) or A2 Paneer Chaat (cubed paneer with cucumber, tomato, chaat masala & coriander)	Mix Vegetable Soup + Punjabi Chole or Chicken Bharta + Spinach Lachha Paratha

Saturday	Sweet Potato, Sattu & Peas Tikki or Minced Chicken & Vegetable Tikki + Tomato Dip	Same as above	Masala Onion & Kala Chana Salad (with ginger pickle) + Lauki Bharta + Lobia Curry or Shorshe Bata Maach (Mustard Fish Curry) + Choice of Rajgira Roti or Rice	A2 Yogurt Parfait (mix of yogurt, fruits & nuts)	Corn salad (Non-GMO) + Indian-Style Vegetable Millet Pulao with Paneer, Mushrooms or Chicken + A2 Curd (with a tempering of mustard seeds & cumin)
Sunday	Baked Lobia Beans on Wholemeal Vegetable Toast (with mild Indian spices, garnished with fresh coriander & yogurt) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mild Indian spices)	Same as above	Cucumber & Carrot Mint Raita + Paneer Biryani or Chicken Biryani + Lauki Halwa with Jaggery	Roasted Peanut Poha Chiwda + Ginger Lemon Water	Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (A tasty grilled roti sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander/mint chutney)

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Vegetable Rice Semiya + Roasted Peanuts or Boiled Rajma or Chickpeas or Boiled Egg + Coriander Chutney	Seasonal Fruit (as available) + Dry Fruit & Seed Mix: (if allergic avoid) <ul style="list-style-type: none"> • 1 tsp pumpkin seeds • 1 tsp sesame seeds • 2-3 unsalted pistachios (halved) • 2 black raisins • Roasted chana + small piece of jaggery • + Drink Option (choose 1) <ul style="list-style-type: none"> • Sattu Mint Coolant • Lemonade with Jaggery • Coconut Water with Malai • Saunf Water (Fennel-infused water for digestion) 	Beetroot, Corn & Cucumber Salad + Stuffed Brinjal & Peas Curry + Chicken Kheema or Yellow Moong Dal Tadka + Choice of Jowar Roti or Rice	Boiled Chana Chaat + Warm Ragi Malt	Mix Vegetable Soup + Stuffed Moong Dal Paneer Paratha + Coriander-Mint Amla Chutney

Tuesday	Beetroot Ragi Dosa + Tomato Peanut Chutney + Brinjal & Drumstick Sambar	Same as above	Onion & Tomato Slices + Bhindi Sabzi (Okra Stir-Fry) + Rajma or Maharashtrian Fish Curry + Choice of Khapli Wheat Roti or Jeera Rice	Besan Ladoo + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)	Carrot & Tomato Soup + Stuffed Vegetable Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney
Wednesday	Spinach, Yellow Moong Dal & Rice Flour Chilla + Raw Mango Chutney	Same as above	Steamed Beetroot & Cucumber Slices (with cumin powder) + Methi Pumpkin Sabzi + Masoor Dal or Egg Korma + Rice	Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)	Kachumber Salad + Spinach & Vegetable Millet Khichdi + Gujarati Kadhi

Thursday	A2 Paneer Bhurji Paratha or Egg Bhurji Paratha + Curd Dip	Same as above	Sliced Onion Salad (with lemon & a pinch of salt) + Mixed Veg & Soya (Non GMO) Pulao or Chicken Pulao + Steamed Bottle Gourd Raita	Roasted Sweet Potato Chaat + A2 Curd Lassi (sweetened with raw honey)	Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Mini Methi Parathas (with sesame seeds)
Friday	Stuffed Khaman Dhokla with Vegetables + Tamarind-Date Chutney	Same as above	Gajar Matar Kachumber (Carrot & Peas Tangy Salad) + Parwal-Aloo Bhujia (Pointed Gourd & Potato Stir-Fry) + Desi Mushroom Curry or Khatta Urad dal (Split Black Gram Dal) + Choice of Jowar Bhakri or Rice	Boiled Corn (Non GMO) + Kokum Sharbat (kokum pulp with jaggery, cumin powder & pink salt)	Cabbage-Carrot Koshimbir + Palak Paneer or Fish Curry + Choice of Roti or Rice

Saturday	Vegetable & Peas-Mushroom Xacuti (Goan curry) with Wheat Pao + Boiled Egg or Scrambled Egg	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam + Rice	Apple Slices with Unsweetened Peanut Butter + Cucumber Mint Cooler	Sweet Potato Salad + Masala Dosa with Aloo-Peas Filling + Drumstick Pumpkin Sambhar + Coconut Chutney
Sunday	A2 Paneer Masala Roll or Egg Roll (Whole Wheat Roti Wrap) + Mint Chutney	Same as above	Fresh Cabbage & Carrot Salad (with lemon dressing) + Moong Ussal or Fish Curry + Tendli Bhaji (Ivy Gourd Stir-Fry) + Sol Kadhi (kokum-coconut digestive drink) + Rice	Dry Fruit & Seed Ladoo + Ginger Lemonade	Spinach Soup + Moong Dal Kadhi with Methi or Chicken Curry + Little Millet (Sama) Pulao









Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Stuffed Vegetable Idly + Coconut Chutney + Brinjal & Carrot Sambar	Seasonal Fruit (as per availability) + Dry Fruit, Seed & Makhana Mix (refer to week 1) + Warm Drink Option (choose 1) <ul style="list-style-type: none"> Ajwain & Fennel Water (warm water infused with ¼ tsp ajwain seeds + ½ tsp fennel seeds) Tulsi-Honey Water (warm water infused with 2-3 tulsi leaves + ½ tsp raw honey) Cinnamon-Apple Infusion (warm water steeped with apple slices + pinch of Sri Lankan cinnamon powder) Cacao Hot Chocolate (warm A2 milk or plant-based milk with 1 tsp unsweetened cacao powder + ½ tsp jaggery) 	Steamed Beetroot Salad + Cabbage Tomato Curry + Masoor Dal Tadka or Chicken Stew + Ragi Roti or Rice	Homemade Non-GMO Popcorn + Sesame & Jaggery Ladoo	Spinach & Dal Soup + Vegetable Pulao with Mixed Vegetables or Egg Pulao + Homemade Pickle (carrot & ginger pickle)

Tuesday	Besan & Rice Flour Vegetable Chilla or Egg Omelet with Vegetables & Wholemeal Toast + Mint Chutney	Same as above	Cucumber Salad (with cumin powder) + Carrot Beans Thoran + Garlic Dal or Egg Korma + Chapati or Jeera Rice as per choice	Boiled Moong Chaat + Dates & Nuts with A2 Milk	Pumpkin & Lentil Soup + Stuffed Methi & Paneer Paratha (served with curd)
Wednesday	Daliya Upma with Peas & Veggies + Peanut Tomato Chutney	Same as above	Kachumber Salad (cucumber, tomato, onion & a squeeze of lemon) + Aloo Baingan (Potato & Eggplant Curry) + Dal Tadka or Egg Bhurji (scrambled eggs with Indian spices) + Choice of Bajra Roti or Rice	Fruit Chaat (apple, pomegranate & orange with chaat masala, lime & pumpkin seeds) + Fresh Sugarcane Juice	Mixed Vegetable Salad (cucumber, carrot, beet with lemon & jeera powder) + Paneer Peas Sabzi or Mild Fish Curry + Jeera Paratha

Thursday	Beetroot & Soya (Non GMO) Uttapam or Beetroot & Egg Uttapam + Peanut Chutney	Same as above	Dahi Pyaaz (onion & yogurt salad with a dash of cumin & coriander) + Aloo Gobi (Potato & Cauliflower Curry) + Rajma curry + Choice of Roti or Rice	Mango cubes topped with soaked nuts powder (almonds, walnuts, cashews) + Sattu Smoothie (made with water or A2 milk, a dash of jaggery & cardamom)	Carrot Salad + Lauki & Peas Kofta Curry or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)
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Saturday	Sweet Potato, Sattu & Peas Tikki or Minced Chicken & Vegetable Tikki + Tomato Dip	Same as above	Masala Onion & Kala Chana Salad (with ginger pickle) + Lauki Bharta + Lobia Curry or Shorshe Bata Maach (Mustard Fish Curry) + Choice of Rajgira Roti or Rice	A2 Yogurt Parfait (mix of yogurt, fruits & nuts)	Corn salad (Non-GMO) + Indian-Style Vegetable Millet Pulao with Paneer, Mushrooms or Chicken + A2 Curd (with a tempering of mustard seeds & cumin)
Sunday	Baked Lobia Beans on Wholemeal Vegetable Toast (with mild Indian spices, garnished with fresh coriander & yogurt) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mild Indian spices)	Same as above	Cucumber & Carrot Mint Raita + Paneer Biryani or Chicken Biryani + Lauki Halwa with Jaggery	Roasted Peanut Poha Chiwda + Ginger Lemon Water	Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (A tasty grilled roti sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander/mint chutney)

 We say NO to	 We say YES to
<ul style="list-style-type: none">  MSG (ajinomoto)  Colours and preservatives  Refined sugar 	<ul style="list-style-type: none">  Variety of seasonal fruits and vegetables  Healthy fats  Mixed grains

We AIM for

💡 *Healthy and nutritionally balanced meals for kids with medium activity*

💡 *Ingredients that are ethically and consciously sourced*

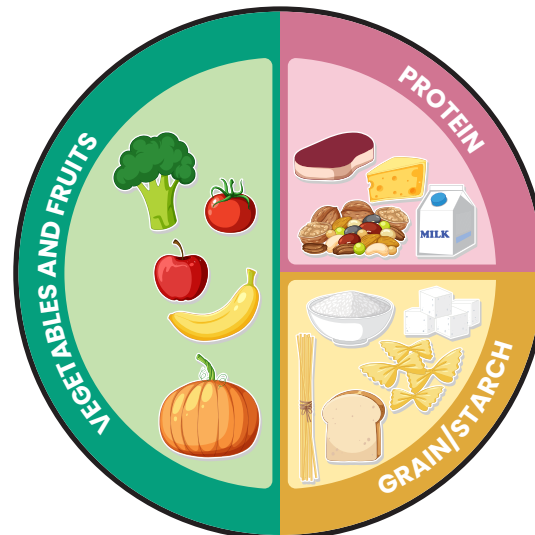
💡 *Minimal use of refined flour*



Lifestyle Guidelines for Kids By Team Luke

Cellular Nutrition

- Eat a rainbow. Try to include as many colors on your plate as possible. Think red, purple, green, yellow, orange. The more the color, the more the nutrients.
- Chew every bite. Digestion starts in the mouth.
- Eat without distractions. Eating is a sacred act.
- Learn to read labels before buying packaged foods. If the label has ingredients that feel unheard of or difficult to pronounce, it is likely to not be clean.
- Eat with gratitude, not disgust. Bless your food. The simplest prayer can be—Thank you.
- Try to finish your last meal of the day as close to sunset as possible.
- Stay adequately hydrated. Carry a water bottle with you at all times. Taper down water intake post-sunset to reduce visits to the loo at night.

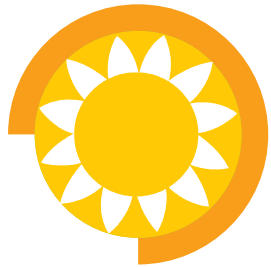


What does a balanced nutritional plate look like?



Adequate Movement

- Your body is designed to move. Move in any way you can. Make it enjoyable and fun.
- Light walking after meals supports better digestion.
- The right posture matters. Try not to slouch. Keep your shoulders rolled back and relaxed. Keep the spine straight.
- If you are watching something on the television, take short active breaks, like touching your toes, spot jogging, imaginary skipping, or gentle stretches.
- Try to take stairs instead of escalators or elevators.



Quality Sleep

- Try to build a consistent sleep routine. Go to bed and wake up around the same time every day.
- Sleep is a light-sensitive process. Try to minimize gadget use an hour before bedtime.
- Make your room as dark as possible. You shouldn't even be able to see your own hand. Use an eye mask or roll a T-shirt and keep it over your eyes till you drift off to sleep.
- Sleep with a grateful heart. Recap your entire day and offer gratitude for things that went well, no matter how small.
- Avoid waking up to gadgets and screens. Try to get five to 10 minutes of morning sunshine just after waking up.



Emotional Wellness

- Emotions are meant to be expressed, not suppressed. You can paint, draw, journal, or talk to express yourself.
- If you have experienced bullying at school or in your friend circle, express it to your parents, teachers, or a trusted adult. There is always help available.
- If you are experiencing any strong emotions like anger, hatred, or guilt—please talk it out to your parents or a trusted adult. There is always a solution and way to handle it.
- What you watch, read, listen, talk, hear shapes you. Be mindful of the content you are consuming.
- Please, Sorry, Thank you—are magic words. Use them intently, meaningfully, and appropriately.



Spirit

- The best and most powerful ways to feel happy from within are—kindness, giving back, and being grateful and respectful.
- Listen to your inner voice by often checking in with yourself. You can ask yourself questions like—How am I feeling? What do I truly need at this moment?
- Build a habit of daily prayers. It is important to have faith and believe in something more powerful than us.
- Try to stay connected to nature in whatever way you can. It makes us feel closer to our inner spirit.
- Look at yourself in the mirror and practice affirmations like: *"I am enough", "I am worthy of love and success,"* and *"I am safe, guided, and protected."*



Breath

- Breath is the most powerful tool you have. It is free. Use it to your advantage.
- The simplest way to practice breathing is belly breathing. Inhale: belly out. Exhale: belly in. Repeat this a couple of times till you feel calm.
- The two most powerful and effective breathing techniques to feel calm are:
 - **Box breathing:** Inhale for four counts, hold for four counts, exhale for four counts, and hold for four counts. Repeat this four to five times—till you feel calm.
 - **Bee breathing:** Inhale deeply through your belly. When you are ready to exhale, make a humming sound (like mmmmm). Repeat this cycle four to five times—till you feel calm.
- Try to take four to five deep breaths before and after your meals. This supports the digestion, absorption, and assimilation of nutrients.



A Note for Parents:

- *Lead by example. Kids learn by observing, not preaching.*
- *Involve your kids in activities like cooking, grocery shopping, planning, and more.*
- *Begin with one to two habits at a time. Build those up gradually.*
- *Celebrate their small wins. Efforts count more than results.*
- *Try to reward positive behaviors, outside of the culinary zone.*

Disclaimer:

- This menu is thoughtfully designed to support the nutritional needs of children by offering a balanced combination of whole grains, proteins, healthy fats, carbohydrates, and dietary fiber—aligned with general pediatric dietary guidelines.
- However, nutritional needs can vary widely depending on a child's age, activity level, and any existing medical conditions. If your child has a specific health concern or medical condition, we strongly recommend that parents or guardians review the menu and consult a qualified healthcare professional to ensure it meets your child's individual dietary requirements.
- Please note: This menu is NOT intended to replace medical advice or treatment prescribed by doctors or healthcare providers. If your child is allergic to any ingredients or if certain items do not suit them, kindly omit or substitute them. Always make informed choices when introducing new foods into your child's routine or lifestyle.