

The Bharat School Menu & Lifestyle Plan (August 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.

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	Afternoon Snack	Dinner
Monday	Vegetable Poha + Steamed Moong OR Boiled Egg + Coconut Chutney	Seasonal Fruit (as available) + Dry Fruit & Seed Mix (avoid if allergic) <ul style="list-style-type: none"> • 1 tsp pumpkin seeds • 1 tsp sesame seeds • 2-3 almonds • 1 walnut • 1 Medjool date + Drink Option (choose 1) <ul style="list-style-type: none"> • Sattu Mint Refresher • Amla Ginger Shot • Lemon Tulsi Water • Warm Ajwain & Jeera Water 	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta OR Masoor Dal Tadka + Khapli Wheat Roti OR Rice	Boiled Chana Chaat + A2 Buttermilk	Tomato Lentil Basil Soup OR Clear Chicken Soup + Mix Vegetable & A2 Paneer Paratha + Coriander Mint Dip

Tuesday	Beetroot Idli + Mint-Coriander Chutney + Vegetable Sambar (with brinjal, carrot & drumstick)	Same as above	Sliced Onion Salad (with lemon & a pinch of salt) + Vegetable & Soya (Non-GMO) Pulao OR Chicken & Peas Pulao + Cucumber Raita (with roasted cumin & mint)	Fresh Fruit Salad (with yogurt & a sprinkle of cumin powder)	Pumpkin & Peas Stir-Fry OR Chicken & Veg Stir-Fry + Mixed Lentil & Vegetable Khichdi + Methi Kadhi
Wednesday	Mixed Vegetable Besan & Rice Flour Chilla + Coriander Chutney	Same as above	Steamed Moong Sprouts Salad + Tendli Aloo Sukhi Sabzi + Lobia Curry OR Chicken Curry + Jowar Roti	Roasted Sweet Potato + Mint & Sabja Lemon water	Boiled Chana Salad + Mix Vegetable & Mushroom Stew OR Egg & Vegetable Korma + Mini Methi Parathas

Thursday	Carrot, Peas & A2 Paneer Bhurji Paratha OR Carrot, Peas & Egg Bhurji Paratha + Curd Dip	Same as above	Carrot & Cucumber Slices (with lemon & rock salt) + Cabbage & Capsicum Stir-Fry + Chole Masala + Ajwain Paratha	Roasted Makhana & Steamed Moong Sprouts Chaat	Tomato Rasam + Sweet Potato & Chickpea Tikki with Mint Chutney + Mix Veg Paneer Pulao OR Chicken Pulao
Friday	Sama Millet Vegetable Upma with Peas, Carrots & Chana Dal Tadka + Tomato Peanut Chutney	Same as above	Amla-Methi Pickle + Beans, Carrot & Peas Stir-Fry + Sattu Kadhi with Veggies OR Minced Chicken Kadhi with Veggies + Steamed Rice	Fruit Bowl (with a sprinkle of flaxseed powder)	Carrot Lentil Soup + Cabbage & Peas Stir-Fry + Toor Dal with Garlic OR Fish Curry + Jowar Methi Thepla

Saturday	Beetroot & Aloo Masala Dosa OR Beetroot, Aloo & Egg Masala Dosa + Tomato Garlic Chutney	Same as above	Cucumber, Tomato & Onion (with a squeeze of lemon) + Aloo Baingan Sabzi + Dal Tadka OR Egg Bhurji + Amaranth Roti OR Rice (as per choice)	Boiled Non-GMO Corn + Sattu Mint Refresher	Steamed Sprouts Moong & Corn Chaat (Non-GMO) + Mix Vegetable Millet Pulao (with a choice of paneer, mushroom, or chicken) + A2 Curd
Sunday	A2 Paneer Masala Roll (Whole Wheat Roti Wrap) OR Masala Omelette Roll (Whole Wheat Roti Wrap) + Mint Chutney	Same as above	Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mix Veg & Paneer Curry OR Mild Fish Fingers (served with tomato-date dip chutney) + Phulka + Rice Kheer (with cardamom & nuts, sweetened with jaggery)	Fruit & Chia Seed Parfait	Mix Vegetable Soup + A2 Paneer Tikka OR Chicken Tikka + Veggies Roti Roll

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Mixed Vegetable Rice Semiya + Dry Moong Masala OR Egg Masala Stir-Fry + Coriander Chutney	Seasonal Fruit (as available) + Dry Fruit & Seed Mix (avoid if allergic) <ul style="list-style-type: none"> • 1 tsp sunflower seeds • 1 tsp soaked chia seeds • 2-3 almonds • 2-3 unsalted pistachios • 1 fig (dried or fresh) + Drink Option (choose 1) <ul style="list-style-type: none"> • Tender Coconut Water • Sattu Lemonade • Bel (Wood Apple) Sherbet • Kokum Sharbet • Fennel & Tulsi Decoction 	Steamed Beetroot Salad + Cauliflower Peas Sabzi + Masoor Dal Tadka OR Mushroom Curry + Jowar Bhakri	Fruit Bowl (with chia seeds & chopped dates)	Spinach Soup + A2 Paneer Kofta Curry OR Chicken Kofta Curry + Beetroot Paratha

Tuesday	Moong Dal & Crushed Poha Chilla with Vegetables (carrots, onions, capsicum) + Tomato Peanut Chutney	Same as above	Dahi Pyaaz + Ash Gourd (Petha) Sabzi + Rajma Curry + Choice of Roti OR Steamed Rice	Sesame Seeds Chikki + A2 Buttermilk (with jeera)	Warm Vegetable Salad + Vegetable Frankie (whole grain roti filled with a soft veggie mash — potatoes, carrots, peas — with optional sprouts, mushrooms, or egg. Spread with mild mint-curd chutney for flavor) + Pickled Onions
Wednesday	Spinach Paneer & Vegetable Uttapam OR Spinach Egg Bhurji Uttapam + Garlic Peanut Chutney	Same as above	Cucumber Dill Salad + Parwal/Tender Pointed Gourd Curry + Soy Curry (Non-GMO) + Choice of Jowar Bhakri OR Steamed Rice	Homemade Non-GMO Popcorn + Tender Coconut Water	Kachumber Salad + Drumstick & Potato Curry + Moong Dal OR Egg Masala + Vegetable Sama Millet Khichdi

Thursday	Ragi Rawa Vegetable Upma (with peas, carrots & chana dal tadka) + Choice of Chutney	Same as above	Grated Carrot Koshimbir + Methi-Peas Curry + Chana Dal Tadka OR Chicken Stew + Mini Jowar & Rice Flour Thalipeeth OR Steamed Rice	Boiled Chana Sundal + Mint Lemonade (with raw honey)	Mushroom Soup OR Egg Drop Soup + Beetroot & Sweet Potato Tikki + Jowar-Sattu Chilla with Vegetables + Mint Chutney
Friday	Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney	Same as above	Tomato Salad (with lemon & basil) + Stuffed Brinjal & Peas Curry + Egg Curry OR Yellow Moong Dal Tadka + Choice of Ragi Roti	Fruit Chaat + Mint Cumin A2 Yogurt Cooler (blended curd with roasted cumin, mint & a touch of rock salt)	Sattu & Peas Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal & mild Indian garam masala) + Mini Whole Wheat Pav OR Soft Phulka Roti

Saturday	Aloo, Spinach & Dal Paratha OR Aloo, Spinach & Egg Paratha + Mint-Curd Dip	Same as above	Cucumber & Carrot Mint Raita + Veg Peas & Corn Masala Pulao OR Chicken & Vegetable Masala Pulao + Lauki Halwa	Roasted Chana & Boiled Sweet Potato Chaat (with chopped vegetables, mint chutney & dates chutney)	Pumpkin & Red Lentil Soup + Soy Kheema (Non-GMO) OR Chicken Kheema + Jeera Paratha
Sunday	Veggie Omelette (Besan-Based) with Whole Wheat Pav OR Egg Omelette with Whole Wheat Pav + Mint Chutney	Same as above	Onion Tomato Salad + Bhindi Masala + Panchmel Dal OR Fish Curry + Steamed Rice	Apple & Banana Slices (with crushed almonds & flax powder)	Cucumber Raita + Mushrooms Vegetable Korma OR Chicken korma with Veggies + Khapli Wheat Lachha Paratha

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Vegetable Poha + Steamed Moong OR Boiled Egg + Coconut Chutney	Seasonal Fruits (as per availability) + Nuts & Seeds Mix (avoid if allergic): <ul style="list-style-type: none"> • 1 tsp pumpkin seeds • 1 tsp sesame seeds • 2–3 almonds • 1 walnut • 1 Medjool date + Drink Option (choose 1) <ul style="list-style-type: none"> • Sattu Mint Refresher • Amla Ginger Shot • Lemon Tulsi Water • Warm Ajwain & Jeera Water 	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta OR Masoor Dal Tadka + Khapli Wheat Roti OR Rice	Boiled Chana Chaat + A2 Buttermilk	Tomato Lentil Basil Soup OR Clear Chicken Soup + Mix Vegetable & A2 Paneer Paratha + Coriander Mint Dip

Tuesday	Beetroot Idli + Mint-Coriander Chutney + Vegetable Sambar (with brinjal, carrot & drumstick)	Same as above	Sliced Onion Salad (with lemon & a pinch of salt) + Vegetable & Soya (Non-GMO) Pulao OR Chicken & Peas Pulao + Cucumber Raita (with roasted cumin & mint)	Fresh Fruit Salad (with yogurt & a sprinkle of cumin powder)	Pumpkin & Peas Stir-Fry OR Chicken & Veg Stir-Fry + Mixed Lentil & Vegetable Khichdi + Methi Kadhi
Wednesday	Mixed Vegetable Besan & Rice Flour Chilla + Coriander Chutney	Same as above	Steamed Moong Sprouts Salad + Tendli Aloo Sukhi Sabzi + Lobia Curry OR Chicken Curry + Jowar Roti	Roasted Sweet Potato + Mint & Sabja Lemon water	Boiled Chana Salad + Mix Vegetable & Mushroom Stew OR Egg & Vegetable Korma + Mini Methi Parathas

Thursday	Carrot, Peas & A2 Paneer Bhurji Paratha OR Carrot, Peas & Egg Bhurji Paratha + Curd Dip	Same as above	Carrot & Cucumber Slices (with lemon & rock salt) + Cabbage & Capsicum Stir-Fry + Chole Masala + Ajwain Paratha	Roasted Makhana & Steamed Moong Sprouts Chaat	Tomato Rasam + Sweet Potato & Chickpea Tikki with Mint Chutney + Mix Veg Paneer Pulao OR Chicken Pulao
Friday	Sama Millet Vegetable Upma with Peas, Carrots & Chana Dal Tadka + Tomato Peanut Chutney	Same as above	Amla-Methi Pickle + Beans, Carrot & Peas Stir-Fry + Sattu Kadhi with Veggies OR Minced Chicken Kadhi with Veggies + Steamed Rice	Fruit Bowl (with a sprinkle of flaxseed powder)	Carrot Lentil Soup + Cabbage & Peas Stir-Fry + Toor Dal with Garlic OR Fish Curry + Jowar Methi Thepla

Saturday	Beetroot & Aloo Masala Dosa OR Beetroot, Aloo & Egg Masala Dosa + Tomato Garlic Chutney	Same as above	Cucumber, Tomato & Onion (with a squeeze of lemon) + Aloo Baingan Sabzi + Dal Tadka OR Egg Bhurji + Amaranth Roti OR Rice (as per choice)	Boiled Non-GMO Corn + Sattu Mint Refresher	Steamed Sprouts Moong & Corn Chaat (Non-GMO) + Mix Vegetable Millet Pulao (with a choice of paneer, mushroom, or chicken) + A2 Curd
Sunday	A2 Paneer Masala Roll (Whole Wheat Roti Wrap) OR Masala Omelette Roll (Whole Wheat Roti Wrap) + Mint Chutney	Same as above	Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mix Veg & Paneer Curry OR Mild Fish Fingers (served with tomato-date dip chutney) + Phulka + Rice Kheer (with cardamom & nuts, sweetened with jaggery)	Fruit & Chia Seed Parfait	Mix Vegetable Soup + A2 Paneer Tikka OR Chicken Tikka + Veggies Roti Roll









Week 4

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Tuesday	Moong Dal & Crushed Poha Chilla with Vegetables (carrots, onions, capsicum) + Tomato Peanut Chutney	Same as above	Dahi Pyaaz + Ash Gourd (Petha) Sabzi + Rajma Curry + Choice of Roti OR Steamed Rice	Sesame Seeds Chikki + A2 Buttermilk (with jeera)	Warm Vegetable Salad + Vegetable Frankie (whole grain roti filled with a soft veggie mash – potatoes, carrots, peas – with optional sprouts, mushrooms, or egg. Spread with mild mint-curd chutney for flavor) + Pickled Onions
Wednesday	Spinach Paneer & Vegetable Uttapam OR Spinach Egg Bhurji Uttapam + Garlic Peanut Chutney	Same as above	Cucumber Dill Salad + Parwal/Tender Pointed Gourd Curry + Soy Curry (Non-GMO) + Choice of Jowar Bhakri OR Steamed Rice	Homemade Non-GMO Popcorn + Tender Coconut Water	Kachumber Salad + Drumstick & Potato Curry + Moong Dal OR Egg Masala + Vegetable Sama Millet Khichdi

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Friday	Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney	Same as above	Tomato Salad (with lemon & basil) + Stuffed Brinjal & Peas Curry + Egg Curry OR Yellow Moong Dal Tadka + Choice of Ragi Roti	Fruit Chaat + Mint Cumin A2 Yogurt Cooler (blended curd with roasted cumin, mint & a touch of rock salt)	Sattu & Peas Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal & mild Indian garam masala) + Mini Whole Wheat Pav OR Soft Phulka Roti

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Sunday	Veggie Omelette (Besan-Based) with Whole Wheat Pav OR Egg Omelette with Whole Wheat Pav + Mint Chutney	Same as above	Onion Tomato Salad + Bhindi Masala + Panchmel Dal OR Fish Curry + Steamed Rice	Apple & Banana Slices (with crushed almonds & flax powder)	Cucumber Raita + Mushrooms Vegetable Korma OR Chicken korma with Veggies + Khapli Wheat Lachha Paratha

 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*

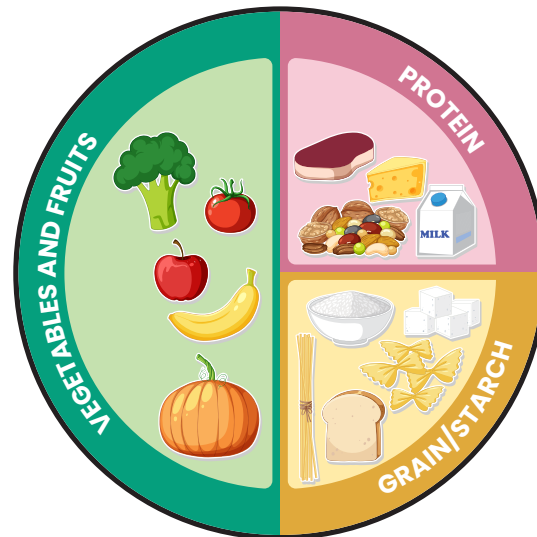
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



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.

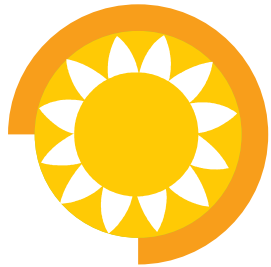


What does a balanced nutritional plate look like?



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.