



# The Bharat School Menu & Lifestyle Plan (September 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	Sattu & Rice Flour Cheela (with steamed spinach & chopped vegetables) + Mint Chutney	<b>Seasonal Fruit (as available)</b> + <b>Mini Nut &amp; Seed Mix (skip if allergic)</b> <ul style="list-style-type: none"> <li>• ½ tsp pumpkin seeds</li> <li>• ½ tsp sesame seeds</li> <li>• 1–2 almonds (sliced)</li> <li>• ½ walnut (chopped)</li> <li>• 1 small dried fig (chopped)</li> <li>• 1–2 unsalted pistachios (chopped)</li> </ul> + <b>Drink Option (choose 1)</b> <ul style="list-style-type: none"> <li>• Fresh coconut water</li> <li>• Light cucumber–mint cooler (blended cucumber + water + mint + cumin powder)</li> <li>• Lemon–jeera water</li> <li>• Warm tulsi &amp; raw honey water</li> </ul>	Mix Kachumber Salad & Bottle Gourd Raita + Rajma Curry or Chicken Curry + Steamed Rice	Boiled Moong Chaat + Buttermilk (made from A2 curd, served with a dash of jeera powder)	Carrot & Tomato Soup + Stuffed Vegetable Paneer Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney

<b>Tuesday</b>	Jowar Vegetable Upma (with peas, carrots & chana dal tempering) + Tomato Peanut Chutney	Same as above	Cucumber Salad (with cumin powder) + Carrot & Beans Poriyal + Garlic Dal Or Egg Korma + Jowar Roti Or Jeera Rice (as per choice)	Rainbow Fruits (Colorful bite-sized pieces of banana, apple, grapes or any fruit as per availability)	Corn Salad (Non-GMO) + Indian-Style Vegetable Millet Pulao (with mushroom or chicken) + A2 Curd (with a tempering of mustard seeds & cumin)
<b>Wednesday</b>	Vegetable Rice Semiya + Steamed Moong Masala Or Boiled Egg + Coriander Chutney	Same as above	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta Or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Boiled Chana & Sweet Potato Chaat (with chopped vegetables, mint chutney & dates)	Tomato Soup + Cabbage Stir Fry + Garlic Dal Or Egg Curry + Methi Thepla



<b>Thursday</b>	Ragi & A2 Paneer Bhurji Pancakes (with grated carrot) Or Ragi & Egg Bhurji Pancake (with grated carrot) + Garlic Chutney	Same as above	Pumpkin Raita + Carrot Sticks (with jeera powder) + Ridge Gourd Chana Dal Curry Or Fish Curry + Khapli Wheat Ajwain Paratha	Fruit Bowl (served with soaked chia seeds)	Cucumber Koshimbir + Capsicum, Green Peas & Aloo Curry + Dal Tadka Or Chicken Stew + Rajgira Phulka (Amaranth flour)
<b>Friday</b>	Kanchipuram Idli + Coconut Chutney + Mixed Vegetable Sambar (with drumstick and pumpkin)	Same as above	Sliced Onion Salad (with lemon & a pinch of salt) + Mixed Veg & Soya (Non-GMO) Pulao Or Chicken Pulao + Cucumber Raita	Homemade Non-GMO Popcorn + Sesame Seeds	Kachumber Salad + Mix Vegetable Dal Khichdi + Gujarati Kadhi

<b>Saturday</b>	Khapli Wheat Sweet Potato & Peas Paratha Or Masala Egg Paratha + Mint Yogurt	Same as above	Fresh Carrot & Ginger Pickle + Mixed Veg Korma + Sattu Kadhi + Steamed Rice	Murmura & Roasted Bengal Gram Bhel + A2 Buttermilk Mint Lassi	Carrot Salad + Lauki & Paneer Kofta Curry Or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)
<b>Sunday</b>	Mix Vegetable & Mushroom Curry with Wheat Pao Or Mix Vegetable & Egg Omelette with Wheat Pao	Same as above	Onion & Tomato Rings (with a sprinkle of lemon) + Mix Veg & Paneer Curry Or Fish Curry + Phulka Roti or Steamed Rice + Rice Kheer (with cardamom & nuts, sweetened with jaggery)	Dry Fruit & Seed Ladoo + A2 Buttermilk	Broccoli & Sattu 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

## Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Beetroot & Methi Sattu Thepla Or Egg Thepla with Beetroot & Methi + A2 Curd Dip	<b>Seasonal Fruit (as available)</b> + <b>Mini Nut, Seed &amp; Snack Mix (skip if allergic)</b> <ul style="list-style-type: none"> <li>• 1 tsp pumpkin seeds</li> <li>• 1 tsp sesame seeds</li> <li>• 2-3 unsalted pistachios (halved)</li> <li>• 2 black raisins</li> <li>• 2 cashew nuts (halved)</li> <li>• Roasted makhana</li> </ul> + <b>Drink Option (choose 1)</b> <ul style="list-style-type: none"> <li>• Sattu Mint Cooler</li> <li>• Nimbu Paani with Jaggery</li> <li>• Coconut Water with Malai</li> <li>• Fennel Seeds Water</li> </ul>	Mix Kachumber Salad & Bottle Gourd Raita + Rajma Curry Or Chicken Curry + Steamed Rice	A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)	Spinach & Dal Soup + Vegetable Pulao with Mixed Vegetables Or Egg Pulao + Homemade Pickle (with carrot & ginger)

<b>Tuesday</b>	Vegetable Peanut Poha + Boiled Masala Kala Chana Or Boiled Egg + Coriander Chutney	Same as above	Beetroot & Cucumber Salad + Brinjal & Potato Peas Curry + Chicken Kheema Or Yellow Moong Dal Tadka + Choice of Jowar Roti Or Bajra Roti	Apple & Banana Slices (with unsweetened peanut butter & flax powder)	Vegetable Sticks + Mix Vegetables Sabzi + Green Moong Dal or Chicken Bharta + Khapli Wheat Phulka Roti
<b>Wednesday</b>	Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney	Same as above	Steamed Moong Sprouts Salad + Ridgegourd Sabzi + Lobia Curry Or Fish Curry + Jowar Roti	Roasted Bengal Gram Poha Chiwda + Ginger Lemonade	Mix Vegetable Soup + Stuffed Vegetable Paratha Roll Or Stuffed Veg Egg Roll + Mint Chutney



<b>Thursday</b>	Moong Dal & Rice Flour Cheela (with carrots, onions & capsicum) + Tomato Peanut Chutney	Same as above	Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd Curry) + Kala Chana Curry + Choice of Jowar Bhakri Or Rice Flour Bhakri	Boiled Corn Chaat (Non-GMO served with seasonal veggies, a sprinkle of pink salt, a dash of lime & topped with A2 curd)	Kachumber Salad + Drumstick & Potato Curry + Mushroom Masala Or Egg Masala + Vegetable Sama Millet Khichdi
<b>Friday</b>	Beetroot Paratha + Kala Chana Dry Curry	Same as above	Carrot Salad (with lemon & jeera) + Aloo Methi Or Aloo Palak Sabzi + Green Moong Dal Tadka Or Fish Curry with Eggplant + Jowar Ajwain Paratha Or Jeera Rice	Crunchy Roasted Makhana & Steamed Moong Sprouts	Pumpkin Lentil Soup + Vegetable Pulao (with mixed vegetables) Or Egg Pulao + Homemade Pickle (carrot & ginger or amla)

<b>Saturday</b>	Mix Vegetable & Soya (Non-GMO) Uttapam Or Mix Vegetable & Egg Uttapam + Peanut Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma Or Chicken Korma + Lentil Moringa Rasam + Rice	Fruit & Chia Seed	Mix Veg Soup + Stuffed Aloo & Dal Paratha Or Stuffed Egg & Aloo Paratha + Mint Chutney
<b>Sunday</b>	Baked Lobia Beans on Wholemeal Vegetable Toast (with mint dip) Or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mint dip)	Same as above	Cucumber Raita + Special Hyderabad Paneer Biryani Or Special Hyderabad Chicken Biryani + Sliced Onion Rings (with jeera powder)	Roasted Chana & Boiled Sweet Potato Chaat (with chopped vegetables, mint chutney & dates)	Spinach Lentil Soup + Mushroom Tikka or Chicken Tikka + Wholemeal Toast Sandwich (A tasty grilled sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander or mint chutney)

## Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Sattu & Rice Flour Cheela (with steamed spinach & chopped vegetables) + Mint Chutney	<b>Seasonal Fruit (as available)</b> + <b>Mini Nut &amp; Seed Mix (skip if allergic)</b> <ul style="list-style-type: none"> <li>• ½ tsp pumpkin seeds</li> <li>• ½ tsp sesame seeds</li> <li>• 1–2 almonds (sliced)</li> <li>• ½ walnut (chopped)</li> <li>• 1 small dried fig (chopped)</li> <li>• 1–2 unsalted pistachios (chopped)</li> </ul> + <b>Drink Option (choose 1)</b> <ul style="list-style-type: none"> <li>• Fresh coconut water</li> <li>• Light cucumber–mint cooler (blended cucumber + water + mint + cumin powder)</li> <li>• Lemon–jeera water</li> <li>• Warm tulsi &amp; raw honey water</li> </ul>	Mix Kachumber Salad & Bottle Gourd Raita + Rajma Curry or Chicken Curry + Steamed Rice	Boiled Moong Chaat + Buttermilk (made from A2 curd, served with a dash of jeera powder)	Carrot & Tomato Soup + Stuffed Vegetable Paneer Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney

<b>Tuesday</b>	Jowar Vegetable Upma (with peas, carrots & chana dal tempering) + Tomato Peanut Chutney	Same as above	Cucumber Salad (with cumin powder) + Carrot & Beans Poriyal + Garlic Dal Or Egg Korma + Jowar Roti Or Jeera Rice (as per choice)	Rainbow Fruits (Colorful bite-sized pieces of banana, apple, grapes or any fruit as per availability)	Corn Salad (Non-GMO) + Indian-Style Vegetable Millet Pulao (with mushroom or chicken) + A2 Curd (with a tempering of mustard seeds & cumin)
<b>Wednesday</b>	Vegetable Rice Semiya + Steamed Moong Masala Or Boiled Egg + Coriander Chutney	Same as above	Beetroot Sesame Salad + Okra Potato Curry + Chicken Bharta Or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Boiled Chana & Sweet Potato Chaat (with chopped vegetables, mint chutney & dates)	Tomato Soup + Cabbage Stir Fry + Garlic Dal Or Egg Curry + Methi Thepla

<b>Thursday</b>	Ragi & A2 Paneer Bhurji Pancakes (with grated carrot) Or Ragi & Egg Bhurji Pancake (with grated carrot) + Garlic Chutney	Same as above	Pumpkin Raita + Carrot Sticks (with jeera powder) + Ridge Gourd Chana Dal Curry Or Fish Curry + Khapli Wheat Ajwain Paratha	Fruit Bowl (served with soaked chia seeds)	Cucumber Koshimbir + Capsicum, Green Peas & Aloo Curry + Dal Tadka Or Chicken Stew + Rajgira Phulka (Amaranth flour)
<b>Friday</b>	Kanchipuram Idli + Coconut Chutney + Mixed Vegetable Sambar (with drumstick and pumpkin)	Same as above	Sliced Onion Salad (with lemon & a pinch of salt) + Mixed Veg & Soya (Non-GMO) Pulao Or Chicken Pulao + Cucumber Raita	Homemade Non-GMO Popcorn + Sesame Seeds	Kachumber Salad + Mix Vegetable Dal Khichdi + Gujarati Kadhi

<b>Saturday</b>	Khapli Wheat Sweet Potato & Peas Paratha Or Masala Egg Paratha + Mint Yogurt	Same as above	Fresh Carrot & Ginger Pickle + Mixed Veg Korma + Sattu Kadhi + Steamed Rice	Murmura & Roasted Bengal Gram Bhel + A2 Buttermilk Mint Lassi	Carrot Salad + Lauki & Paneer Kofta Curry Or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)
<b>Sunday</b>	Mix Vegetable & Mushroom Curry with Wheat Pao Or Mix Vegetable & Egg Omelette with Wheat Pao	Same as above	Onion & Tomato Rings (with a sprinkle of lemon) + Mix Veg & Paneer Curry Or Fish Curry + Phulka Roti or Steamed Rice + Rice Kheer (with cardamom & nuts, sweetened with jaggery)	Dry Fruit & Seed Ladoo + A2 Buttermilk	Broccoli & Sattu 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











## Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Beetroot & Methi Sattu Thepla Or Egg Thepla with Beetroot & Methi + A2 Curd Dip	<b>Seasonal Fruit (as available)</b> + <b>Mini Nut, Seed &amp; Snack Mix (skip if allergic)</b> <ul style="list-style-type: none"> <li>• 1 tsp pumpkin seeds</li> <li>• 1 tsp sesame seeds</li> <li>• 2-3 unsalted pistachios (halved)</li> <li>• 2 black raisins</li> <li>• 2 cashew nuts (halved)</li> <li>• Roasted makhana</li> </ul> + <b>Drink Option (choose 1)</b> <ul style="list-style-type: none"> <li>• Sattu Mint Cooler</li> <li>• Nimbu Paani with Jaggery</li> <li>• Coconut Water with Malai</li> <li>• Fennel Seeds Water</li> </ul>	Mix Kachumber Salad & Bottle Gourd Raita + Rajma Curry Or Chicken Curry + Steamed Rice	A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)	Spinach & Dal Soup + Vegetable Pulao with Mixed Vegetables Or Egg Pulao + Homemade Pickle (with carrot & ginger)

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<b>Wednesday</b>	Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney	Same as above	Steamed Moong Sprouts Salad + Ridgegourd Sabzi + Lobia Curry Or Fish Curry + Jowar Roti	Roasted Bengal Gram Poha Chiwda + Ginger Lemonade	Mix Vegetable Soup + Stuffed Vegetable Paratha Roll Or Stuffed Veg Egg Roll + Mint Chutney

<b>Thursday</b>	Moong Dal & Rice Flour Cheela (with carrots, onions & capsicum) + Tomato Peanut Chutney	Same as above	Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd Curry) + Kala Chana Curry + Choice of Jowar Bhakri Or Rice Flour Bhakri	Boiled Corn Chaat (Non-GMO served with seasonal veggies, a sprinkle of pink salt, a dash of lime & topped with A2 curd)	Kachumber Salad + Drumstick & Potato Curry + Mushroom Masala Or Egg Masala + Vegetable Sama Millet Khichdi
<b>Friday</b>	Beetroot Paratha + Kala Chana Dry Curry	Same as above	Carrot Salad (with lemon & jeera) + Aloo Methi Or Aloo Palak Sabzi + Green Moong Dal Tadka Or Fish Curry with Eggplant + Jowar Ajwain Paratha Or Jeera Rice	Crunchy Roasted Makhana & Steamed Moong Sprouts	Pumpkin Lentil Soup + Vegetable Pulao (with mixed vegetables) Or Egg Pulao + Homemade Pickle (carrot & ginger or amla)

<b>Saturday</b>	Mix Vegetable & Soya (Non-GMO) Uttapam Or Mix Vegetable & Egg Uttapam + Peanut Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma Or Chicken Korma + Lentil Moringa Rasam + Rice	Fruit & Chia Seed	Mix Veg Soup + Stuffed Aloo & Dal Paratha Or Stuffed Egg & Aloo Paratha + Mint Chutney
<b>Sunday</b>	Baked Lobia Beans on Wholemeal Vegetable Toast (with mint dip) Or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mint dip)	Same as above	Cucumber Raita + Special Hyderabad Paneer Biryani Or Special Hyderabad Chicken Biryani + Sliced Onion Rings (with jeera powder)	Roasted Chana & Boiled Sweet Potato Chaat (with chopped vegetables, mint chutney & dates)	Spinach Lentil Soup + Mushroom Tikka or Chicken Tikka + Wholemeal Toast Sandwich (A tasty grilled sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander or mint chutney)

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

### 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*

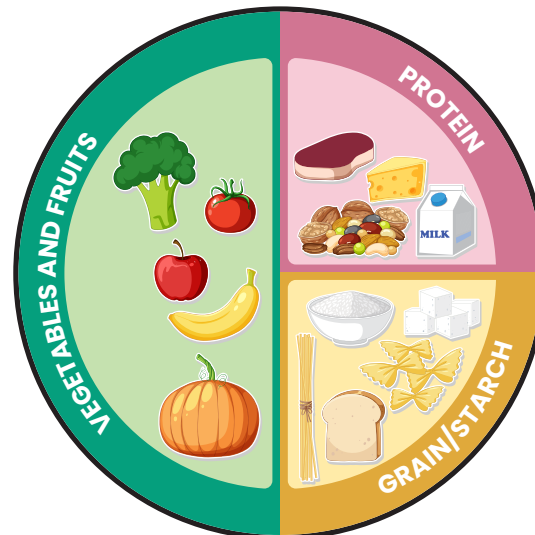
**\*Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



## 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.



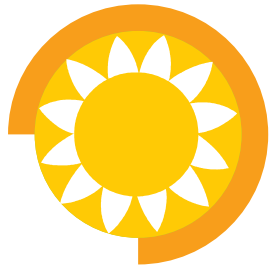
**What does a balanced nutritional plate look like?**





## 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.