

The Bharat School Menu & Lifestyle Plan (October 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	Ragi & Moong Dal Idli + Coconut Chutney + Mixed Vegetable Sambar with Drumstick & Pumpkin	Seasonal Fruit (as per availability) + Nuts & Seeds mix (if not allergic): <ul style="list-style-type: none"> • 1 tsp pumpkin seeds and watermelon seeds • 2-4 almonds (soaked overnight) • 1 walnut (halved for easier chewing) • 1 soft Medjool date + Drink (choose one): <ul style="list-style-type: none"> • Lemon Jaggery Water: Lukewarm water + lemon drops + small piece jaggery • Sattu Mint Lemonade with Sabja: 1 tbsp sattu + water + black salt + ½ tsp soaked sabja + lemon + mint • Coconut Water: Fresh, plain 	Cucumber Sesame Salad + Okra Potato Curry + Chicken Kheema or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Boiled Chana Chaat + Buttermilk (made from A2 curd, served with a dash of jeera powder)	Pumpkin Soup or Clear Chicken Soup + Mixed Lentil Vegetable Khichdi + Sattu Kadhi

Tuesday	Mushroom Dosa with Vegetables or Egg Dosa with Vegetables + Tomato Peanut Chutney	Same as above	Grated Carrot Koshimbir + Cabbage Poriyal + Chana Dal Tadka or Chicken Stew + Mini Jowar & Rice Flour Thalipeeth or Steamed Rice	Fruit Bowl with a Sprinkle of Flaxseed Powder	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla
Wednesday	Daliya Vegetable Upma with Peas, Carrots, and Chana Dal Tadka + Coriander Chutney	Same as above	Cucumber and Carrot Mint Raita + Veg Peas & Corn Masala Pulao or Chicken & Vegetable Masala Pulao + A2 Curd	Boiled Corn Chaat (non-GMO, served with seasonal veggies, a sprinkle of pink salt, a dash of lime, and topped with A2 curd)	Carrot & Tomato Soup + Stuffed Vegetable A2 Paneer Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney

Thursday	Vegetable Peanut Poha + Boiled Moong Masala or Boiled Egg + Mint Chutney	Same as above	Carrot and Cucumber Slices with Lemon & Rock Salt + Cabbage and Capsicum Stir-Fry + Chole Masala + Ajwain Paratha	Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)	Cucumber Raita + Mushroom Vegetable Korma or Chicken Korma with Vegetables + Khapli Wheat Lachha Paratha
Friday	Mix Vegetable, Spinach, and Soya (non-GMO) Uttapam or Mix Vegetable, Spinach, and Egg Uttapam + Peanut Chutney	Same as above	Cucumber, Tomato, and Onion with a Squeeze of Lemon + Aloo Baingan Sabzi + Dal Tadka or Egg Bhurji + Amaranth Roti or Rice (as per choice)	Roasted Chana & Boiled Sweet Potato Chaat with Chopped Vegetables, Mint Chutney & Date Chutney	Spinach Soup + A2 Paneer Kofta Curry or Chicken Kofta Curry + Beetroot Paratha

Saturday	Veggie Omelette (Besan-based) with Whole Wheat Pav or Egg Omelette with Whole Wheat Pav + Mint Dip	Same as above	Carrot Sticks with Jeera/Cumin Powder + Ridge Gourd Chana Dal Curry or Fish Curry + Khapli Wheat Ajwain Paratha	A2 Yogurt Parfait (mix of yogurt, fruits & nuts)	Steamed Sprouts Moong & Corn Chaat (non-GMO) + Mixed Vegetable Millet Pulao (with choice of Paneer, Mushroom, or Chicken) + A2 Curd
Sunday	Mix Vegetable Paratha + A2 Paneer Bhurji or Mix Vegetable Paratha + Egg Bhurji + A2 Curd	Same as above	Cucumber Raita + Special Hyderabad Paneer Biryani or Special Hyderabad Chicken Biryani + Sliced Onion Rings with Jeera Powder	Dry Fruit & Seed Ladoo + A2 Buttermilk	Broccoli & Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal, and mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka Roti

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Grated Carrot, Yellow Moong Dal & Rice Flour Chilla + Amla Ginger Chutney	Seasonal Fruits (as per availability) + Nuts & Seeds Mix (if not allergic): <ul style="list-style-type: none"> • 1 tsp sunflower and sesame seeds • 2 soaked almonds, 1 walnut, 2 raisins • 1 chopped fig, handful of roasted Makhana + Drink (choose one) <ul style="list-style-type: none"> • Immunity Drink Recipe: Boil ¼ tsp each of ajwain, jeera, saunf, and 5–6 tulsi leaves in 1 cup water for 5–7 min. Strain and serve. • Saunf Water (fennel-infused water for digestion) 	Masala Onion Salad with Ginger Pickle + Lauki Sabzi + Lobia Curry or Egg Korma + Choice of Roti/Rice	Seasonal Fruit Bowl (a colorful mix of fresh seasonal fruits with a dash of cumin powder)	Lentil Soup + Puran Poli + Sukha Aloo Sabzi

Tuesday	Stuffed Vegetable Appe (Paniyaram) + Coconut Chutney + Drumstick & Brinjal Sambar	Same as above	Carrot Lentil Koshimbir Salad + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Jowar Methi Thepla	Roasted Makhana & Steamed Moong Sprouts Chaat + Mint Sabja Water	Tomato Soup + Moong Dal Kadhi with Methi or Egg Curry + Little Millet (Sama) Pulao
Wednesday	Beetroot, Sattu & Peas Tikki or Minced Chicken & Beetroot Tikki + Tomato Dip	Same as above	Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd) + Kala Chana Curry + Choice of Jowar Bhakri or Rice Flour Bhakri	Roasted Bengal Gram Poha Chiwda + Ginger Ale	Steamed Beetroot Salad + Cabbage Tomato Curry + Moong Dal Tadka or Chicken Stew + Ragi Masala Roti

Thursday	Mini Cabbage, Spinach, and Carrot Pancakes made of Idli or Ragi Batter + Peanut Garlic Chutney	Same as above	Onion Tomato Salad + Bhindi Masala + Panchmel Dal or Fish Curry + Steamed Rice	Boiled Moong Chaat or Egg Chaat + Buttermilk (made from A2 curd, served with a dash of jeera powder)	Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Parathas (with sesame seeds)
Friday	Adai (Mixed Dal Dosa) + Tomato Garlic Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam + Rice	Rajgeera Besan Ladoo + Refreshing Jaljeera	Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (a tasty grilled roti sandwich made with boiled potatoes, beetroot, & cucumber, spread with coriander/mint chutney)

Saturday	Aloo, Gobi & Dal Paratha or Aloo, Gobi & Egg Paratha + Mint-Curd Dip	Same as above	Mix Kachumber Salad and Bottle Gourd Raita + Rajma Curry or Chicken Curry + Khapli Wheat Roti or Steamed Rice	Boiled Corn (Non-GMO) + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)	Vegetable Sticks + Mixed Vegetable Sabzi + Green Moong Dal or Chicken Bharta + Jowar-Sattu Roti
Sunday	Special Sprouts Misal + Gluten-Free Pav / Homemade Wheat Pav or A2 Paneer Bhurji Wholemeal Sandwich or Egg Bhurji Wholemeal Sandwich	Same as above	Cucumber & Carrot Mint Raita + Paneer Biryani or Chicken Biryani + Lauki Halwa with Jaggery	Apple and Banana Slices with Crushed Almonds & Flax Powder	Spinach & Dal Soup + Wheat Roti Pizza with a Spread of Indian Homemade Sauce, Assorted Vegetables, Kidney Beans / Mushroom / Chicken, Garnished with A2 Paneer

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Ragi & Moong Dal Idli + Coconut Chutney + Mixed Vegetable Sambar with Drumstick & Pumpkin	Seasonal Fruit (as per availability) + Nuts & Seeds mix (if not allergic): <ul style="list-style-type: none"> • 1 tsp pumpkin seeds and watermelon seeds • 2–4 almonds (soaked overnight) • 1 walnut (halved for easier chewing) • 1 soft Medjool date + Drink (choose one): <ul style="list-style-type: none"> • Lemon Jaggery Water: Lukewarm water + lemon drops + small piece jaggery • Sattu Mint Lemonade with Sabja: 1 tbsp sattu + water + black salt + ½ tsp soaked sabja + lemon + mint • Coconut Water: Fresh, plain 	Cucumber Sesame Salad + Okra Potato Curry + Chicken Kheema or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Boiled Chana Chaat + Buttermilk (made from A2 curd, served with a dash of jeera powder)	Pumpkin Soup or Clear Chicken Soup + Mixed Lentil Vegetable Khichdi + Sattu Kadhi

Tuesday	Mushroom Dosa with Vegetables or Egg Dosa with Vegetables + Tomato Peanut Chutney	Same as above	Grated Carrot Koshimbir + Cabbage Poriyal + Chana Dal Tadka or Chicken Stew + Mini Jowar & Rice Flour Thalipeeth or Steamed Rice	Fruit Bowl with a Sprinkle of Flaxseed Powder	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla
Wednesday	Daliya Vegetable Upma with Peas, Carrots, and Chana Dal Tadka + Coriander Chutney	Same as above	Cucumber and Carrot Mint Raita + Veg Peas & Corn Masala Pulao or Chicken & Vegetable Masala Pulao + A2 Curd	Boiled Corn Chaat (non-GMO, served with seasonal veggies, a sprinkle of pink salt, a dash of lime, and topped with A2 curd)	Carrot & Tomato Soup + Stuffed Vegetable A2 Paneer Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney

Thursday	Vegetable Peanut Poha + Boiled Moong Masala or Boiled Egg + Mint Chutney	Same as above	Carrot and Cucumber Slices with Lemon & Rock Salt + Cabbage and Capsicum Stir-Fry + Chole Masala + Ajwain Paratha	Murmura Bhel (with roasted chana) + Buttermilk (with a dash of cumin powder & mint leaves)	Cucumber Raita + Mushroom Vegetable Korma or Chicken Korma with Vegetables + Khapli Wheat Lachha Paratha
Friday	Mix Vegetable, Spinach, and Soya (non-GMO) Uttapam or Mix Vegetable, Spinach, and Egg Uttapam + Peanut Chutney	Same as above	Cucumber, Tomato, and Onion with a Squeeze of Lemon + Aloo Baingan Sabzi + Dal Tadka or Egg Bhurji + Amaranth Roti or Rice (as per choice)	Roasted Chana & Boiled Sweet Potato Chaat with Chopped Vegetables, Mint Chutney & Date Chutney	Spinach Soup + A2 Paneer Kofta Curry or Chicken Kofta Curry + Beetroot Paratha

Saturday	Veggie Omelette (Besan-based) with Whole Wheat Pav or Egg Omelette with Whole Wheat Pav + Mint Dip	Same as above	Carrot Sticks with Jeera/Cumin Powder + Ridge Gourd Chana Dal Curry or Fish Curry + Khapli Wheat Ajwain Paratha	A2 Yogurt Parfait (mix of yogurt, fruits & nuts)	Steamed Sprouts Moong & Corn Chaat (non-GMO) + Mixed Vegetable Millet Pulao (with choice of Paneer, Mushroom, or Chicken) + A2 Curd
Sunday	Mix Vegetable Paratha + A2 Paneer Bhurji or Mix Vegetable Paratha + Egg Bhurji + A2 Curd	Same as above	Cucumber Raita + Special Hyderabad Paneer Biryani or Special Hyderabad Chicken Biryani + Sliced Onion Rings with Jeera Powder	Dry Fruit & Seed Ladoo + A2 Buttermilk	Broccoli & Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal, and mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka Roti









Week 4

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Monday	Grated Carrot, Yellow Moong Dal & Rice Flour Chilla + Amla Ginger Chutney	Seasonal Fruits (as per availability) + Nuts & Seeds Mix (if not allergic): <ul style="list-style-type: none"> • 1 tsp sunflower and sesame seeds • 2 soaked almonds, 1 walnut, 2 raisins • 1 chopped fig, handful of roasted Makhana + Drink (choose one) <ul style="list-style-type: none"> • Immunity Drink Recipe: Boil ¼ tsp each of ajwain, jeera, saunf, and 5–6 tulsi leaves in 1 cup water for 5–7 min. Strain and serve. • Saunf Water (fennel-infused water for digestion) 	Masala Onion Salad with Ginger Pickle + Lauki Sabzi + Lobia Curry or Egg Korma + Choice of Roti/Rice	Seasonal Fruit Bowl (a colorful mix of fresh seasonal fruits with a dash of cumin powder)	Lentil Soup + Puran Poli + Sukha Aloo Sabzi

Tuesday	Stuffed Vegetable Appe (Paniyaram) + Coconut Chutney + Drumstick & Brinjal Sambar	Same as above	Carrot Lentil Koshimbir Salad + Cabbage & Peas Stir-Fry + Toor Dal with Garlic or Fish Curry + Jowar Methi Thepla	Roasted Makhana & Steamed Moong Sprouts Chaat + Mint Sabja Water	Tomato Soup + Moong Dal Kadhi with Methi or Egg Curry + Little Millet (Sama) Pulao
Wednesday	Beetroot, Sattu & Peas Tikki or Minced Chicken & Beetroot Tikki + Tomato Dip	Same as above	Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd) + Kala Chana Curry + Choice of Jowar Bhakri or Rice Flour Bhakri	Roasted Bengal Gram Poha Chiwda + Ginger Ale	Steamed Beetroot Salad + Cabbage Tomato Curry + Moong Dal Tadka or Chicken Stew + Ragi Masala Roti

Thursday	Mini Cabbage, Spinach, and Carrot Pancakes made of Idli or Ragi Batter + Peanut Garlic Chutney	Same as above	Onion Tomato Salad + Bhindi Masala + Panchmel Dal or Fish Curry + Steamed Rice	Boiled Moong Chaat or Egg Chaat + Buttermilk (made from A2 curd, served with a dash of jeera powder)	Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Parathas (with sesame seeds)
Friday	Adai (Mixed Dal Dosa) + Tomato Garlic Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Egg Masala Curry + Lentil Garlic Rasam + Rice	Rajgeera Besan Ladoo + Refreshing Jaljeera	Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (a tasty grilled roti sandwich made with boiled potatoes, beetroot, & cucumber, spread with coriander/mint chutney)

Saturday	Aloo, Gobi & Dal Paratha or Aloo, Gobi & Egg Paratha + Mint-Curd Dip	Same as above	Mix Kachumber Salad and Bottle Gourd Raita + Rajma Curry or Chicken Curry + Khapli Wheat Roti or Steamed Rice	Boiled Corn (Non-GMO) + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)	Vegetable Sticks + Mixed Vegetable Sabzi + Green Moong Dal or Chicken Bharta + Jowar-Sattu Roti
Sunday	Special Sprouts Misal + Gluten-Free Pav / Homemade Wheat Pav or A2 Paneer Bhurji Wholemeal Sandwich or Egg Bhurji Wholemeal Sandwich	Same as above	Cucumber & Carrot Mint Raita + Paneer Biryani or Chicken Biryani + Lauki Halwa with Jaggery	Apple and Banana Slices with Crushed Almonds & Flax Powder	Spinach & Dal Soup + Wheat Roti Pizza with a Spread of Indian Homemade Sauce, Assorted Vegetables, Kidney Beans / Mushroom / Chicken, Garnished with A2 Paneer

 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*

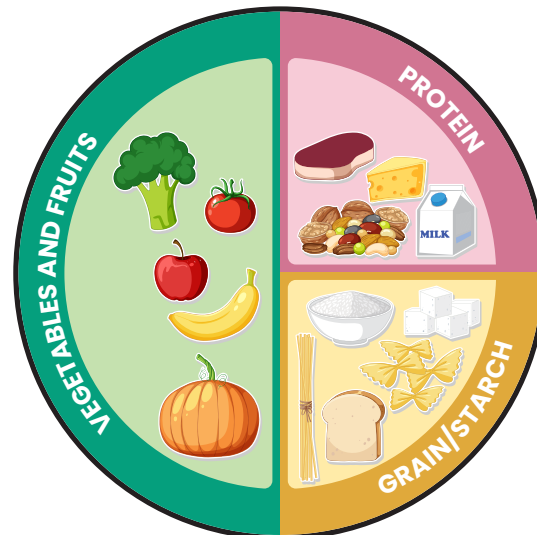
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



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.

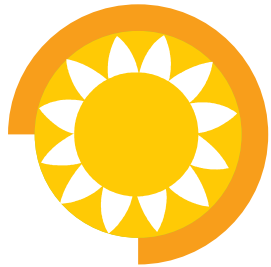


What does a balanced nutritional plate look like?



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.