

The Bharat School Menu & Lifestyle Plan

(May 2026)

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	<p>Mushroom dosa with vegetables or Egg dosa with vegetables + Drumstick sambar + Coconut chutney</p>	<p>Seasonal fruit (as available) + Dry fruit & seed mix (avoid if allergic):</p> <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 <p>+ Drink option (choose 1)</p> <ul style="list-style-type: none"> • Sattu mint coolant • Lemonade with jaggery • Coconut water with malai • Saunf water (fennel-infused water for digestion) 	<p>Carrot, corn (non-GMO) & cucumber salad + Cabbage poriyal (tempered with mustard seeds, curry leaves & grated coconut) + Chicken curry with grated coconut or Moong-masoor dal tadka with garlic & tomato + Amaranth roti (rajgira flour)</p>	<p>Apple slices with unsweetened peanut butter + Cucumber mint cooler</p>	<p>Kachumber salad + Moringa, pumpkin & vegetable khichdi + Tomato rasam</p>

Tuesday	Vegetable peanut poha + Steamed sprouts or Boiled egg + Coriander chutney	Same as above	Cucumber sticks and sol kadhi + Methi or palak and peas curry + Chana dal tadka or Chicken stew + Choice of ragi roti or steamed rice	Dry fruit & seed ladoo + Ginger lemonade	Onion rings with lemon juice + Ridge gourd & peas stir-fry + Mushroom curry + Jeera rice
Wednesday	Green moong dal & rice chilla with pureed peas + Tomato chutney	Same as above	Onion & tomato slices + Bhindi sabzi (okra stir-fry) + Rajma or Maharashtrian fish curry + Choice of khapli wheat roti or Jeera rice	Sesame & sattu chikki (crunchy sesame seeds mixed with roasted sattu (roasted chickpea flour), sweetened naturally) + Lemon & mint cooler	Cucumber koshimbir + Capsicum, green peas & aloo curry + Dal makhani or Chicken korma + Rajgira phulka (amaranth flour) or Steamed rice

Thursday	Stuffed khaman dhokla with vegetables + Tamarind-date chutney	Same as above	Sliced onion salad + Mixed vegetable pulao or Egg pulao + A2 curd served with a dash of jeera (cumin) powder	Roasted sweet potato chaat + A2 curd lassi (sweetened with raw honey)	Cold cucumber soup + A2 paneer roll (soft grilled wheat roti filled with marinated paneer cubes, fresh cucumber, beetroot, and coriander-mint chutney) or Grilled chicken roll (wheat roti stuffed with flavorful grilled chicken, veggies, and tangy mint chutney)
Friday	Sweet potato, sattu & peas tikki or Minced chicken & vegetable tikki + Coriander chutney	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	Homemade non-GMO popcorn + Jaljeera	Hara bhara kebab with mint chutney + Special nutri pav bhaji (made with an assortment of vegetables, mashed moong dal in mild Indian garam masala, served with gluten-free/wheat buns or roti)

Saturday	Beetroot & soya (non-GMO) uttapam or Beetroot & egg uttapam + Mint & curd chutney	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	Homemade mango yogurt bowl with chia seeds	Carrot salad + Lauki & peas kofta curry or Chicken kofta curry + Missi roti (khapli wheat + besan)
Sunday	Special sprouts misal + Gluten-free pav/homemade wheat pav or Special mushroom/egg kheema + Gluten-free pav/homemade wheat pav	Same as above	Masala chana chaat + Crispy gobi stir-fry + Shahi A2 paneer pulao or Chicken pulao + Cucumber raita	Hummus with cucumber and carrot sticks + Refreshing mint lemonade	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 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	<p>Baked lobia beans on wholemeal vegetable toast (with mild Indian spices, garnished with fresh coriander & yogurt)</p> <p>or</p> <p>Baked scrambled eggs on wholemeal vegetable toast (with mild Indian spices)</p>	<p>Seasonal fruit (as available)</p> <p>+</p> <p>Dry fruit & seed mix (avoid if allergic)</p> <ul style="list-style-type: none"> • 1 tsp pumpkin seeds • 1 tsp sesame seeds • 2-3 soaked almonds • 2 black raisins • Roasted makhana & chana <p>+</p> <p>Drink option (choose 1)</p> <ul style="list-style-type: none"> • Sattu & mint chaas • Aam panna • Coconut water with malai • Kokum coolant 	<p>Dahi pyaaz (onion & yogurt salad with a dash of cumin & coriander)</p> <p>+</p> <p>Aloo gobi (potato & cauliflower curry)</p> <p>+</p> <p>Rajma curry</p> <p>+</p> <p>Choice of roti or rice</p>	<p>Roasted poha chiwda</p> <p>+</p> <p>Sattu chaas</p>	<p>Carrot salad</p> <p>+</p> <p>Lauki & peas kofta curry</p> <p>or</p> <p>Chicken kofta curry</p> <p>+</p> <p>Missi roti (khapli wheat + besan)</p>

<p>Tuesday</p>	<p>Carrot and methi sattu thepla or Egg thepla with carrot and methi + A2 curd dip</p>	<p>Same as above</p>	<p>Sliced onion salad (with lemon & a pinch of salt) + Mixed veg & soya (non-GMO) pulao or Chicken pulao + Steamed bottle gourd raita</p>	<p>Mango cubes topped with soaked nuts powder (almonds, walnuts, cashews)</p>	<p>Tomato slices with rock salt + Mixed vegetable khichdi with A2 ghee + Sattu kadhi</p>
<p>Wednesday</p>	<p>Besan cheela with chopped vegetables + Coriander or mint chutney</p>	<p>Same as above</p>	<p>Grated carrot & beetroot salad with lemon-jeera tadka + Palak paneer or Fish curry + Choice of khapli wheat phulka or steamed rice</p>	<p>Puffed rice & roasted chana mix (a crunchy mix of murmura (puffed rice) and roasted black chana, lightly tossed with a pinch of cumin powder, rock salt, and a few curry leaves)</p>	<p>Steamed sprouts salad + Dal palak or Chicken curry + Choice of roti/paratha/thepla</p>

<p>Thursday</p>	<p>Daliya upma with vegetables or Rawa upma with vegetables + Peas (added to upma) or Boiled egg (eat separately) + Mint chutney</p>	<p>Same as above</p>	<p>Beetroot kosimbir + Sama millet mix veg & dal khichdi + Gujarati kadhi</p>	<p>Chana chaat + Beetroot & carrot refresher</p>	<p>Mixed vegetable paneer/chicken tikki + Mini masala dosas + Coconut chutney + Vegetable sambar</p>
<p>Friday</p>	<p>Idli + Coconut chutney + Mixed vegetable sambar with drumstick and pumpkin</p>	<p>Same as above</p>	<p>Tomato lentil basil rasam or Clear chicken stew + Mixed vegetable & A2 paneer paratha + Coriander mint dip</p>	<p>Homemade fruit yogurt bowl with chia seeds</p>	<p>Macaroni, peas, and corn soup + Multigrain vegetable Frankie with sprouts/mushroom/eggs + Pickled onions and mint chutney</p>

Saturday	A2 paneer bhurji paratha or Egg bhurji paratha + Curd dip	Same as above	Beetroot salad + Aloo gobi sabzi + Chole curry or Fish korma + Khapli wheat ajwain paratha	Boiled masala chana chaat + Ginger lemonade	Vegetable sticks + Mixed vegetables do pyaza + Green moong dal or Chicken bharta + Khapli wheat phulka roti
Sunday	Vegetable & peas-mushroom xacuti (Goan curry) with wheat pao + Boiled egg or Scrambled egg	Same as above	Kachumber salad (cucumber, tomato, onion & a squeeze of lemon) + Aloo baingan (potato & eggplant curry) + Dal tadka or pepper fish curry with coconut milk + Choice of jowar roti or rice	Seasonal fruit bowl (a colorful mix of fresh seasonal fruits with a dash of cumin powder)	Baby corn masala soup + Mushroom matar curry or Chicken kheema curry + Sprouts vegetable pulao

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	<p>Mushroom dosa with vegetables or Egg dosa with vegetables + Drumstick sambar + Coconut chutney</p>	<p>Seasonal fruit (as available) + Dry fruit & seed mix (avoid if allergic):</p> <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 <p>+ Drink option (choose 1)</p> <ul style="list-style-type: none"> • Sattu mint coolant • Lemonade with jaggery • Coconut water with malai • Saunf water (fennel-infused water for digestion) 	<p>Carrot, corn (non-GMO) & cucumber salad + Cabbage poriyal (tempered with mustard seeds, curry leaves & grated coconut) + Chicken curry with grated coconut or Moong-masoor dal tadka with garlic & tomato + Amaranth roti (rajgira flour)</p>	<p>Apple slices with unsweetened peanut butter + Cucumber mint cooler</p>	<p>Kachumber salad + Moringa, pumpkin & vegetable khichdi + Tomato rasam</p>

Tuesday	Vegetable peanut poha + Steamed sprouts or Boiled egg + Coriander chutney	Same as above	Cucumber sticks and sol kadhi + Methi or palak and peas curry + Chana dal tadka or Chicken stew + Choice of ragi roti or steamed rice	Dry fruit & seed ladoo + Ginger lemonade	Onion rings with lemon juice + Ridge gourd & peas stir-fry + Mushroom curry + Jeera rice
Wednesday	Green moong dal & rice chilla with pureed peas + Tomato chutney	Same as above	Onion & tomato slices + Bhindi sabzi (okra stir-fry) + Rajma or Maharashtrian fish curry + Choice of khapli wheat roti or Jeera rice	Sesame & sattu chikki (crunchy sesame seeds mixed with roasted sattu (roasted chickpea flour), sweetened naturally) + Lemon & mint cooler	Cucumber koshimbir + Capsicum, green peas & aloo curry + Dal makhani or Chicken korma + Rajgira phulka (amaranth flour) or Steamed rice

<p>Thursday</p>	<p>Stuffed khaman dhokla with vegetables + Tamarind-date chutney</p>	<p>Same as above</p>	<p>Sliced onion salad + Mixed vegetable pulao or Egg pulao + A2 curd served with a dash of jeera (cumin) powder</p>	<p>Roasted sweet potato chaat + A2 curd lassi (sweetened with raw honey)</p>	<p>Cold cucumber soup + A2 paneer roll (soft grilled wheat roti filled with marinated paneer cubes, fresh cucumber, beetroot, and coriander-mint chutney) or Grilled chicken roll (wheat roti stuffed with flavorful grilled chicken, veggies, and tangy mint chutney)</p>
<p>Friday</p>	<p>Sweet potato, sattu & peas tikki or Minced chicken & vegetable tikki + Coriander chutney</p>	<p>Same as above</p>	<p>Cucumber & tomato salad (with coconut dressing) + Avial (mixed vegetables in coconut & yogurt gravy) + Kadala curry (black chickpea curry) or Kerala-style egg curry + Rice</p>	<p>Homemade non-GMO popcorn + Jaljeera</p>	<p>Hara bhara kebab with mint chutney + Special nutri pav bhaji (made with an assortment of vegetables, mashed moong dal in mild Indian garam masala, served with gluten-free/wheat buns or roti)</p>

<p>Saturday</p>	<p>Beetroot & soya (non-GMO) uttapam or Beetroot & egg uttapam + Mint & curd chutney</p>	<p>Same as above</p>	<p>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</p>	<p>Homemade mango yogurt bowl with chia seeds</p>	<p>Carrot salad + Lauki & peas kofta curry or Chicken kofta curry + Missi roti (khapli wheat + besan)</p>
<p>Sunday</p>	<p>Special sprouts misal + Gluten-free pav/homemade wheat pav or Special mushroom/egg kheema + Gluten-free pav/homemade wheat pav</p>	<p>Same as above</p>	<p>Masala chana chaat + Crispy gobi stir-fry + Shahi A2 paneer pulao or Chicken pulao + Cucumber raita</p>	<p>Hummus with cucumber and carrot sticks + Refreshing mint lemonade</p>	<p>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)</p>









Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
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Tuesday	Carrot and methi sattu thepla or Egg thepla with carrot and methi + A2 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	Mango cubes topped with soaked nuts powder (almonds, walnuts, cashews)	Tomato slices with rock salt + Mixed vegetable khichdi with A2 ghee + Sattu kadhi
Wednesday	Besan cheela with chopped vegetables + Coriander or mint chutney	Same as above	Grated carrot & beetroot salad with lemon-jeera tadka + Palak paneer or Fish curry + Choice of khapli wheat phulka or steamed rice	Puffed rice & roasted chana mix (a crunchy mix of murmura (puffed rice) and roasted black chana, lightly tossed with a pinch of cumin powder, rock salt, and a few curry leaves)	Steamed sprouts salad + Dal palak or Chicken curry + Choice of roti/paratha/thepla

<p>Thursday</p>	<p>Daliya upma with vegetables or Rawa upma with vegetables + Peas (added to upma) or Boiled egg (eat separately) + Mint chutney</p>	<p>Same as above</p>	<p>Beetroot kosimbir + Sama millet mix veg & dal khichdi + Gujarati kadhi</p>	<p>Chana chaat + Beetroot & carrot refresher</p>	<p>Mixed vegetable paneer/chicken tikki + Mini masala dosas + Coconut chutney + Vegetable sambar</p>
<p>Friday</p>	<p>Idli + Coconut chutney + Mixed vegetable sambar with drumstick and pumpkin</p>	<p>Same as above</p>	<p>Tomato lentil basil rasam or Clear chicken stew + Mixed vegetable & A2 paneer paratha + Coriander mint dip</p>	<p>Homemade fruit yogurt bowl with chia seeds</p>	<p>Macaroni, peas, and corn soup + Multigrain vegetable Frankie with sprouts/mushroom/eggs + Pickled onions and mint chutney</p>

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 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*

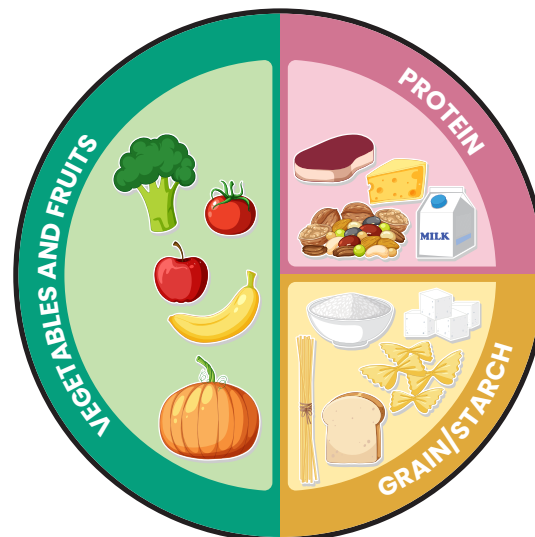
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



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.

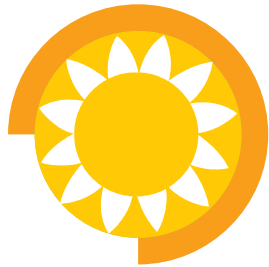


What does a balanced nutritional plate look like?



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.