

CIR/01/2019-20

Date: 16th April, 2019

Dear Parents,

Amanora School welcomes all students and parents to yet another exciting year. We are looking forward to a very fruitful and productive 2019-20. As always we continue to strive in our mission to provide the best possible educational program for our students along with ensuring their safety and security.

It gives us immense joy to announce that the canteen service is now available in the school. We appreciate the enormous response and cooperation received from you in making the canteen service possible.

We would like to share with you:

➤ **About the Vendor:**

The vendor who has been shortlisted and has been chosen to help us with the canteen service facility holds a HACCP (Hazard Analysis and Critical Control Points) certificate. To achieve this certificate by having maintained the HACCP standards as per the guidelines approved by the Govt. of India in itself will help you be rest assured about the high-quality hygiene and reliable food services provided by the vendor.

➤ **Health and Hygiene Assurance:**

Notwithstanding, the certificate or the number of years' experience or the n number of positive existing cliental feedbacks and support achieved by the vendor for his exceptional services, we, at Amanora School consider HSCP (Health Safety and Child Protection) as the most important culture. To practice our culture in a broad way and to accommodate the food services provided by the said vendor, our HSCP Coordinator- Ms. Seema Garg along-with another staff member will be paying surprise visits to the canteen kitchen.

This surprise visit will be carried out keeping the Global Health, Safety and Security parameters in mind. Every employee visiting the school for the canteen facility service purpose will have to go through the visitor checks as per policy which includes – identity proof check and breathe analyser test. There is a provision wherein food sample for the daily provided menu will be stored for 72 hours as per the HACCP standards.

To help us maintain the HSCP culture in a smooth way, you are requested to kindly share with the respective class teacher and coordinator of your ward if your ward is allergic to some food items.

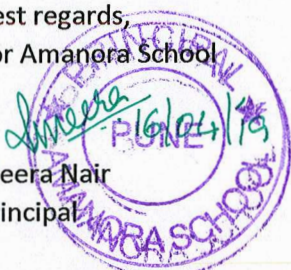
➤ **Distribution Plan:**

1. Menu and nutritional value chart are been attached herewith.
2. In the month of April only snacks and mini meal will be served during lunch break at 9.30 am.
3. Coupon Cost: Snacks - Rs. 25/- only; Mini Meal - Rs. 55/- only and Lunch Thali Rs. 70/- only.
4. Coupon distribution counter will be available between 9:30 am to 12 noon near the school security desk. ****The parents are required to come in personally for the coupon purchase. Kindly do not hand over the cash to your ward. Coupon is valid for one month only.***
5. You are required to send the coupon along with a diary note.
6. Waste management system with stringent procedures involved is being followed ensuring the maintenance of HSCP standards.

Looking forward to your support and cooperation.

Best regards,
For Amanora School

Meera Nair
Principal



Ryans Facility Management Pvt. Ltd.

Amanora School Meal Plan Calorie Chart

Menu Content	Portion Size	Calories
Breakfast		
Indian Breakfast Item (e.g. Poha, Idli-sambar, Upma, Medu, etc.)	150 gm	180
	Total Calories	180
Lunch		
Salad	100 gm	40
Dry veg. /Gravy Veg. /Pulses	120 gm	150
Dal	80 gm	208
Rice	100 gm	270
Bread Indian (e.g. Chapati, Puri, Pav, etc.)	2 unit	140
Sweet (twice in a week)	60 gm	150
	Total Calories	958
Mini Meal		
Dry veg. /Gravy Veg. /Pulses	120 gm	150
Bread Indian (e.g. Chapati, Puri, Pav, etc.)	2 unit	140
	Total Calories	290



Amanora School Cafeteria Meal Chart



Day	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8	Day9	Day10
09:00am to 09:15am	Breakfast									
Snacks	Mix Lentil Cutlet with Ketchup	Veg. club Sandwich with Tomato Ketchup	Methi Thepla with Curd	Medu wada with Sambar	Palak Puri with Batata Bhaji	Vermicelli Upma	Kanda Pohe	Plain Uttappa with Lentil Chutney	Veg. chutney Sandwich with Tomato Ketchup	Aloo Paratha with Curd
Snacks	Steamed Idli with Sambar	Vegetable Upma	Khaman Dhokla	Sprout Sandwich	Ape with Coconut Chutney	Batata Wada with Sambar	Moong Dal Chilla with Chutney	Veg. Cutlet with Tartar Sauce	Sabudana Khichadi	Mix cut fruit
11:50am to 12:20pm	Lunch									
Salad	Chets Salad	Kimchi Salad	Green Salad	Greek Salad	Garden Fresh Salad	Beetroot Salad	Tomato Basil Salad	Koshimbir	Green Salad	Mix sprout Salad
Veg.	Gobi Tomato Rassa	Burnt Garlic Veg. fried Rice	White Watana Curry	Aloo Matar	Fried Papad	Mix Sprout Usal	Veg. kadhai	South Indian Dosa Bhaji	Tofu Kadhai	Baingan Bhurta
Chapati	Chapati	Veg. Schzuan Hakka Noodle	Chapati	Chapati	Pav	Chapati	Plain Paratha	Puri	Chapati	Chapati
Rice	Brown Onion Rice	Veg. Thai Red Curry	Steam Rice	Jeera Rice	Pav Bhaji	Green Peas Pulao	Khada masala dum Pulao	Masale Bhat	Plain dum Pulao	Plain Rice
Dal	Dal Fry	Schzuan Sauce	Dal Lasooni	Panchratna Dal	Veg. Dum Pulao	Dal Palak	Dal Tadka	Dal Varan	Tomato Dal	Methi Dal
Sweet	Gulab Jamun				Shahi Tukra			Shrikhand		
11:50am to 12:20pm	Mini Meal									
Combo	Veg. dum Biryani with fried papad & Mix Veg. Raita	Paneer Paratha with Plain yogurt & Pickle	Aloo Gobi with Triangle Paratha	Veg. Kathi Roll with Gravy	Triple Fried Rice with Manchurian Gravy	Paneer butter Masala with Plain Paratha	Pav Bhaji with Green Salad	Dal Makhani with Jeera Rice	Mix Sprout Usal with Chapati	Dal Khichadi with Koshimbir