



LCTM
LUKE COUTINHO



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The Bharat School Menu & Lifestyle Plan (May 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, with more Indian languages on the way.

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	Evening Snack	Dinner
Monday	Vegetable poha + Steamed sprouts or Boiled egg + Coriander chutney	<p>Seasonal fruit (as per availability) +</p> <p>Soaked nuts (if allergic, avoid):</p> <ul style="list-style-type: none"> • 2-4 almonds (soaked overnight) • 1 walnut (halved for easier chewing) • 1 soft Medjool date <p>+</p> <p>Drink (choose one):</p> <ul style="list-style-type: none"> • Lemon jaggery water: Lukewarm water + a few drops of lemon + a small piece of jaggery dissolved • Sattu lemonade with soaked sabja/sweet basil seeds: Mix 1 tbsp sattu + water + pinch of black salt + ½ tsp soaked sabja + lemon • Coconut water (fresh, plain) 	Cucumber sesame seeds salad + Okra potato curry + Chicken bharta or moong dal tadka + Choice of roti or rice	Sweet potato chaat + Buttermilk (Made from A2 curd with a dash of jeera/cumin powder)	Pumpkin soup or Clear chicken soup + Mixed lentil vegetable khichdi + Kadhi

<p>Tuesday</p>	<p>Idli + Coconut chutney + Mixed vegetable sambar with drumstick and pumpkin</p>	<p>Same as above</p>	<p>Mix kachumber salad + Beans stir fry poriyal/sabzi + Chole or Fish curry + Choice of roti/ajwain paratha</p>	<p>Sesame peanut chikki + Mint lemonade (No refined sugar, naturally sweetened by jaggery or raw honey)</p>	<p>Macaroni, peas, and corn soup + Multigrain vegetable Frankie with sprouts/mushroom/eggs + Pickled onions, and mint chutney</p>
<p>Wednesday</p>	<p>Green moong dal chilla with pureed peas + Tomato peanut chutney</p>	<p>Same as above</p>	<p>Masala onion salad with ginger pickle + Lauki sabzi + Lobia curry or Egg curry + Choice of roti/rice</p>	<p>Roasted makhana and chana + Buttermilk (Made from A2 curd with a dash of jeer/cumin powder)</p>	<p>Fresh tomato basil soup + Mixed vegetable dal paratha + Tomato garlic chutney</p>

<p>Thursday</p>	<p>Besan cheela with grated spinach and chopped vegetables + Coriander or mint chutney</p>	<p>Same as above</p>	<p>Cucumber sticks and sol kadhi + Methi or palak and peas curry + Chana dal tadka or Chicken stew + Choice of ragi roti or steamed rice</p>	<p>Boiled corn chaat (Non-GMO, served with seasonal veggies, a sprinkle of pink salt, a dash of lime, and topped with A2 curd)</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>Friday</p>	<p>Jowar vegetable upma with peas, carrots, and chana dal tadka + Choice of chutney</p>	<p>Same as above</p>	<p>Sliced onion salad + Mix vegetable pulao or Egg pulao + A2 curd served with a dash of jeera/cumin powder</p>	<p>Chana chaat + Aam panna (Raw mango, cumin, mint, jaggery)</p>	<p>Bottle gourd soup + Beans stir fry + Garlic dal or Egg curry + Masala methi thepla Or akki roti</p>

<p>Saturday</p>	<p>Ragi, peas, and aloo masala dosa or Egg masala dosa + Tomato garlic chutney</p>	<p>Same as above</p>	<p>Fresh carrot and ginger pickle + Bottle gourd chana dal sabzi + Punjabi kadhi with veggies + Steamed rice</p>	<p>Hummus with cucumber and carrot sticks + Refreshing mint lemonade</p>	<p>Steamed sprouts salad + Dal palak or Chicken curry + Choice of roti/paratha/thepla</p>
<p>Sunday</p>	<p>Special sprouts misal + Gluten-free pav/homemade wheat pav or A2 paneer bhurji wholemeal sandwich or Egg bhurji wholemeal sandwich</p>	<p>Same as above</p>	<p>Cucumber raita + Special Hyderabadi paneer biryani or Special Hyderabadi chicken biryani + Sliced onion rings with jeera powder</p>	<p>Dates and nuts ladoo + Refreshing jaljeera</p>	<p>Spinach & dal soup + Wheat roti pizza with spread of Indian homemade sauce, assorted vegetables, kidney beans/mushroom/c hicken, garnished with A2 paneer</p>

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	<p>Mushroom dosa with vegetables or Egg dosa with vegetables + Drumstick sambar + Coconut chutney</p>	<p>Seasonal fruit (as per availability): + Soaked nuts (if not allergic):</p> <ul style="list-style-type: none"> • 4–5 unsalted pistachios (shelled) • 1–2 cashew nuts • 1 soft Medjool date <p>+ Drink (choose one):</p> <ul style="list-style-type: none"> • Lemon jaggery water: Lukewarm water + lemon + small piece of jaggery • Sattu drink with soaked sabja/sweet basil seeds: 1 tbsp sattu + water + lemon + black salt + ½ tsp soaked sabja • Aam panna: Raw mango pulp + jaggery + mint + cumin + black salt + water 	<p>Pumpkin raita + Carrot sticks with jeera/cumin powder + Ridge gourd chana dal curry or Fish curry + Choice of roti/paratha</p>	<p>Boiled chana chaat + Buttermilk (Made from A2 curd served with a dash of jeera powder)</p>	<p>Cream of tomato and beetroot soup + A2 paneer tikka wraps or Chicken tikka wraps + Mint chutney and shredded vegetables</p>

<p>Tuesday</p>	<p>Daliya upma with vegetables or Rawa upma with vegetables + Peas (add to upma) or Boiled egg (eat separately) + Mint chutney</p>	<p>Same as above</p>	<p>Mix kachumber salad and bottle gourd raita + Rajma curry or Chicken curry + Steamed rice</p>	<p>Besan ladoo + Kokum sharbat (Naturally sweetened with jaggery or raw honey, no refined sugar)</p>	<p>Sweet corn vegetable soup + Aloo dal paratha + A2 curd raita</p>
<p>Wednesday</p>	<p>Mini cabbage, spinach, and carrot pancakes made of idli or ragi batter + Peanut garlic chutney</p>	<p>Same as above</p>	<p>Fresh carrot and ginger pickle + Bottle gourd chana dal sabzi + Punjabi kadhi + Steamed rice</p>	<p>Fig almond ladoo + Refreshing jaljeera</p>	<p>Broccoli and peas soup + Mix vegetable croquettes + Spaghetti aglio olio (Whole wheat spaghetti tossed with herbs, veggies, and kidney beans or chicken)</p>

<p>Thursday</p>	<p>Carrot and methi sattu thepla or Egg thepla with carrot and methi + A2 curd dip</p>	<p>Same as above</p>	<p>Carrot poriyal + Mixed vegetable and mushroom korma or Egg masala curry + Choice of lemon rice/tamarind rice/coconut rice</p>	<p>Macaroni and peas salad + Refreshing mint buttermilk</p>	<p>Carrot and cucumber slices + Homemade gobi manchurian + Vegetable rice noodles with paneer/eggs</p>
<p>Friday</p>	<p>A2 paneer bhurji paratha or Egg bhurji paratha + Tahini dip</p>	<p>Same as above</p>	<p>Homemade chilli chicken or Chilli A2 paneer/mushroom + Fried rice/rice noodles with assorted vegetables</p>	<p>Aloo chana tikki + A2 curd</p>	<p>Onion rings with chaat masala + Aloo jeera + Soybean curry (Non-GMO) + Choice of roti/rice</p>

<p>Saturday</p>	<p>Spinach roti or Beetroot paratha + Kala chana dry curry</p>	<p>Same as above</p>	<p>Chicken kebab or Dal kebab + Mint chutney + Masala chole + Choice of fluffy palak roti or carrot paratha</p>	<p>Homemade Non-GMO popcorn + Jaggery peanut ladoo</p>	<p>Mix vegetable cutlets with coriander chutney + Spinach and vegetable dal khichdi and kadhi</p>
<p>Sunday</p>	<p>Grilled wholemeal vegetable sandwich with A2 paneer or sprouts or Egg sandwich with vegetables + Beetroot dip</p>	<p>Same as above</p>	<p>Mint and carrot raita + One pot chicken biryani or Mix vegetable mushroom and peas biryani</p>	<p>Wheat baked papdi moong chaat + Lassi (Made with A2 curd and a drizzle of raw honey)</p>	<p>Homemade hot and sour soup + Sprouts and vegetable-layered rice or Chicken and vegetable-layered rice</p>

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Vegetable poha + Steamed sprouts or Boiled egg + Coriander chutney	<p>Seasonal fruit (as per availability) +</p> <p>Soaked nuts (if allergic, avoid):</p> <ul style="list-style-type: none"> • 2-4 almonds (soaked overnight) • 1 walnut (halved for easier chewing) • 1 soft Medjool date <p>+</p> <p>Drink (choose one):</p> <ul style="list-style-type: none"> • Lemon jaggery water: Lukewarm water + a few drops of lemon + a small piece of jaggery dissolved • Sattu lemonade with soaked sabja/sweet basil seeds: Mix 1 tbsp sattu + water + pinch of black salt + ½ tsp soaked sabja + lemon • Coconut water (fresh, plain) 	Cucumber sesame seeds salad + Okra potato curry + Chicken bharta or moong dal tadka + Choice of roti or rice	Sweet potato chaat + Buttermilk (Made from A2 curd with a dash of jeera/cumin powder)	Pumpkin soup or Clear chicken soup + Mixed lentil vegetable khichdi + Kadhi

<p>Tuesday</p>	<p>Idli + Coconut chutney + Mixed vegetable sambar with drumstick and pumpkin</p>	<p>Same as above</p>	<p>Mix kachumber salad + Beans stir fry poriyal/sabzi + Chole or Fish curry + Choice of roti/ajwain paratha</p>	<p>Sesame peanut chikki + Mint lemonade (No refined sugar, naturally sweetened by jaggery or raw honey)</p>	<p>Macaroni, peas, and corn soup + Multigrain vegetable Frankie with sprouts/mushroom/eggs + Pickled onions, and mint chutney</p>
<p>Wednesday</p>	<p>Green moong dal chilla with pureed peas + Tomato peanut chutney</p>	<p>Same as above</p>	<p>Masala onion salad with ginger pickle + Lauki sabzi + Lobia curry or Egg curry + Choice of roti/rice</p>	<p>Roasted makhana and chana + Buttermilk (Made from A2 curd with a dash of jeer/cumin powder)</p>	<p>Fresh tomato basil soup + Mixed vegetable dal paratha + Tomato garlic chutney</p>

<p>Thursday</p>	<p>Besan cheela with grated spinach and chopped vegetables + Coriander or mint chutney</p>	<p>Same as above</p>	<p>Cucumber sticks and sol kadhi + Methi or palak and peas curry + Chana dal tadka or Chicken stew + Choice of ragi roti or steamed rice</p>	<p>Boiled corn chaat (Non-GMO, served with seasonal veggies, a sprinkle of pink salt, a dash of lime, and topped with A2 curd)</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>Friday</p>	<p>Jowar vegetable upma with peas, carrots, and chana dal tadka + Choice of chutney</p>	<p>Same as above</p>	<p>Sliced onion salad + Mix vegetable pulao or Egg pulao + A2 curd served with a dash of jeera/cumin powder</p>	<p>Chana chaat + Aam panna (Raw mango, cumin, mint, jaggery)</p>	<p>Bottle gourd soup + Beans stir fry + Garlic dal or Egg curry + Masala methi thepla Or akki roti</p>

<p>Saturday</p>	<p>Ragi, peas, and aloo masala dosa or Egg masala dosa + Tomato garlic chutney</p>	<p>Same as above</p>	<p>Fresh carrot and ginger pickle + Bottle gourd chana dal sabzi + Punjabi kadhi with veggies + Steamed rice</p>	<p>Hummus with cucumber and carrot sticks + Refreshing mint lemonade</p>	<p>Steamed sprouts salad + Dal palak or Chicken curry + Choice of roti/paratha/thepla</p>
<p>Sunday</p>	<p>Special sprouts misal + Gluten-free pav/homemade wheat pav or A2 paneer bhurji wholemeal sandwich or Egg bhurji wholemeal sandwich</p>	<p>Same as above</p>	<p>Cucumber raita + Special Hyderabad paneer biryani Or Special Hyderabad chicken biryani + Sliced onion rings with jeera powder</p>	<p>Dates and nuts ladoo + Refreshing jaljeera</p>	<p>Spinach & dal soup + Wheat roti pizza with spread of Indian homemade sauce, assorted vegetables, kidney beans/mushroom/c hicken, garnished with A2 paneer</p>









Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	<p>Mushroom dosa with vegetables or Egg dosa with vegetables + Drumstick sambar + Coconut chutney</p>	<p>Seasonal fruit (as per availability): + Soaked nuts (if not allergic):</p> <ul style="list-style-type: none"> • 4–5 unsalted pistachios (shelled) • 1–2 cashew nuts • 1 soft Medjool date <p>+ Drink (choose one):</p> <ul style="list-style-type: none"> • Lemon jaggery water: Lukewarm water + lemon + small piece of jaggery • Sattu drink with soaked sabja/sweet basil seeds: 1 tbsp sattu + water + lemon + black salt + ½ tsp soaked sabja • Aam panna: Raw mango pulp + jaggery + mint + cumin + black salt + wate 	<p>Pumpkin raita + Carrot sticks with jeera/cumin powder + Ridge gourd chana dal curry or Fish curry + Choice of roti/paratha</p>	<p>Boiled chana chaat + Buttermilk (Made from A2 curd served with a dash of jeera powder)</p>	<p>Cream of tomato and beetroot soup + A2 paneer tikka wraps or Chicken tikka wraps + Mint chutney and shredded vegetables</p>




Tuesday	Daliya upma with vegetables or Rawa upma with vegetables + Peas (add to upma) or Boiled egg (eat separately) + Mint chutney	Same as above	Mix kachumber salad and bottle gourd raita + Rajma curry or Chicken curry + Steamed rice	Besan ladoo + Kokum sharbat (Naturally sweetened with jaggery or raw honey, no refined sugar)	Sweet corn vegetable soup + Aloo dal paratha + A2 curd raita
Wednesday	Mini cabbage, spinach, and carrot pancakes made of idli or ragi batter + Peanut garlic chutney	Same as above	Fresh carrot and ginger pickle + Bottle gourd chana dal sabzi + Punjabi kadhi + Steamed rice	Fig almond ladoo + Refreshing jaljeera	Broccoli and peas soup + Mix vegetable croquettes + Spaghetti aglio olio (Whole wheat spaghetti tossed with herbs, veggies, and kidney beans or chicken)

<p>Thursday</p>	<p>Carrot and methi sattu thepla or Egg thepla with carrot and methi + A2 curd dip</p>	<p>Same as above</p>	<p>Carrot poriyal + Mixed vegetable and mushroom korma or Egg masala curry + Choice of lemon rice/tamarind rice/coconut rice</p>	<p>Macaroni and peas salad + Refreshing mint buttermilk</p>	<p>Carrot and cucumber slices + Homemade gobi manchurian + Vegetable rice noodles with paneer/eggs</p>
<p>Friday</p>	<p>A2 paneer bhurji paratha or Egg bhurji paratha + Tahini dip</p>	<p>Same as above</p>	<p>Homemade chilli chicken or Chilli A2 paneer/mushroom + Fried rice/rice noodles with assorted vegetables</p>	<p>Aloo chana tikki + A2 curd</p>	<p>Onion rings with chaat masala + Aloo jeera + Soybean curry (Non-GMO) + Choice of roti/rice</p>

<p>Saturday</p>	<p>Spinach or beetroot roti or Beetroot paratha + Kala chana dry curry</p>	<p>Same as above</p>	<p>Chicken kebab or Dal kebab + Mint chutney + Masala chole + Choice of fluffy palak paratha or carrot roti</p>	<p>Homemade Non-GMO popcorn + Jaggery peanut ladoo</p>	<p>Mix vegetable cutlets with coriander chutney + Spinach and vegetable dal khichdi and kadhi</p>
<p>Sunday</p>	<p>Grilled wholemeal vegetable sandwich with A2 paneer or sprouts or Egg sandwich with vegetables + Beetroot dip</p>	<p>Same as above</p>	<p>Mint and carrot raita + One pot chicken biryani or Mix vegetable mushroom and peas biryani</p>	<p>Wheat baked papdi moong chaat + Lassi (Made with A2 curd and a drizzle of raw honey)</p>	<p>Homemade hot and sour soup + Sprouts and vegetable-layered rice or Chicken and vegetable-layered rice</p>

 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

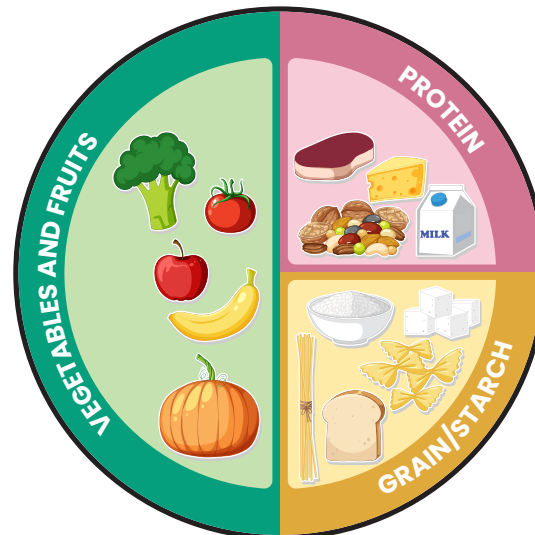
-  Healthy and nutritionally balanced meals for kids with medium activity
-  Ingredients that are ethically and consciously sourced
-  Minimal use of refined flour



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.

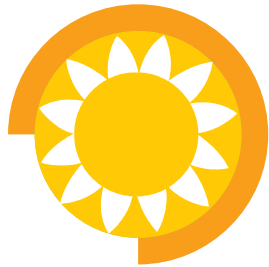


What does a balanced nutritional plate look like?



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.