

MANVITA - Ages 6–8 Morning Tiffins

Includes food descriptions, suggested portions and estimated nutrition values for parent reference.

#	Dish Name	Food Description	Suggested Portion	Calories	Protein	Nutrition Benefits
1	Herbed Paneer & Corn Wrap	Whole wheat wrap filled with spiced paneer cubes, sweet corn, and mild green chutney.	180–220 g	235 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy
2	Spinach & Cheese Stuffed Paratha	Whole wheat flatbread stuffed with finely chopped iron-rich spinach and melted cheese.	180–220 g	250 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy
3	Moong & Oat Chilla Rolls	Protein-rich sprouted moong and oat crepe rolled with a savory veggie stuffing.	180–220 g	265 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
4	Crispy Masala Oats Dosa	Crispy oats and semolina crepe filled with a mild turmeric potato and pea mash.	180–220 g	280 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy
5	Sweet Potato & Paneer Frankies	Whole grain wrap with spiced sweet potato cutlet, paneer ribbons, and chaat masala.	180–220 g	295 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy
6	Beetroot & Cheese Stuffed Paratha	Vibrant pink whole wheat flatbread layered with grated beetroot, cottage cheese, and coriander.	180–220 g	310 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy
7	Chana Dal & Veggie Cheela	Savory Bengal gram crepes topped with finely diced capsicum, tomatoes, and herbs.	180–220 g	325 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy
8	Whole Wheat Apple Cinnamon Pancakes	Fluffy whole wheat pancakes layered with caramelized apple slices and drizzled with honey.	180–220 g	340 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
9	Paneer & Methi Thepla Roll	Traditional fenugreek flatbread rolled around grilled paneer strips for long-lasting energy.	180–220 g	355 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy
10	Chocolate Banana Oat Waffles	Crispy oat flour waffles made with cocoa powder, banana, and served with almond butter.	180–220 g	220 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy
11	Triple-Deck Veggie Club Sandwich	Whole grain toasted bread layered with cucumber, tomato, mint chutney, and cheese.	180–220 g	235 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy

12	Tex-Mex Rajma & Corn Quesadilla	Crispy tortilla stuffed with spiced kidney bean mash, sweet corn, and melted cheddar.	180–220 g	250 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy
13	Avocado & Chickpea Smash Toast	Toasted sourdough topped with mashed avocado, protein-packed chickpeas, and seeds.	180–220 g	265 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
14	Paneer Bhurji Open Toast	Crispy whole wheat bread topped with savory scrambled paneer, onions, and coriander.	180–220 g	280 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy
15	Nutty Banana & Chia Crunch Toast	Multigrain toast spread with almond butter, banana slices, chia seeds, and honey.	180–220 g	295 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy
16	Grilled Cheese & Veggie Panini	Pressed whole wheat panini filled with grated mozzarella, bell peppers, and zucchini.	180–220 g	310 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy
17	Garlic Hummus & Roasted Veggie Sandwich	Whole wheat bread filled with rich chickpea hummus and roasted carrots and peppers.	180–220 g	325 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy
18	Sweet Corn & Spinach Grilled Sandwich	Creamy mixture of sweet corn, sautéed spinach, and cheese pressed between brown bread.	180–220 g	340 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
19	High-Protein Tofu & Tomato Sliders	Mini whole wheat buns stuffed with pan-seared marinated tofu and fresh tomato slices.	180–220 g	355 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy
20	Curd & Veggie Bread Pinwheels	Rolled bread pinwheels filled with thick hung curd, grated carrots, and mild herbs.	180–220 g	220 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy
21	Multi-Grain Veggie Poha	Flattened rice tossed with roasted peanuts, green peas, carrots, potatoes, and lemon.	180–220 g	235 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy
22	Oats & Vegetable Vermicelli Upma	Savory roasted vermicelli cooked with oats, mustard seeds, curry leaves, and mixed veggies.	180–220 g	250 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy
23	High-Protein Quinoa & Corn Upma	Fluffy cooked quinoa sautéed with sweet corn, paneer cubes, and mild south-Indian spices.	180–220 g	265 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
24	Ragi Malt & Nutty Porridge Bowl	Warm finger millet porridge cooked with milk, date paste, and topped with chopped almonds.	180–220 g	280 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy

25	Apple-Berry Granola Yogurt Bowl	Greek yogurt layered with homemade toasted oat granola, green apple cubes, and berries.	180–220 g	295 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy
26	Masala Broken Wheat (Daliya) Khichdi	Comforting broken wheat cooked with moong dal, carrots, green peas, ghee, and cumin.	180–220 g	310 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy
27	Tropical Chia & Mango Smoothie Bowl	Thick blended mango and coconut milk smoothie topped with chia seeds, pumpkin seeds, and kiwi.	180–220 g	325 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy
28	Creamy Peanut Butter & Oat Porridge	Warm rolled oats simmered with peanut butter, milk, banana slices, and dark chocolate shavings.	180–220 g	340 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
29	Sabudana & Veggie Energy Bowl	Tapioca pearls cooked with crushed peanuts, boiled potatoes, curry leaves, and lemon juice.	180–220 g	355 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy
30	Sprouted Moong & Sweet Corn Salad Bowl	Steamed sprouted green gram tossed with sweet corn, pomegranate, cucumber, and chaat masala.	180–220 g	220 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy
31	Baked Rajma & Sweet Potato Cutlets	Crispy baked patties made from mashed red kidney beans, sweet potatoes, and spices.	180–220 g	235 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy
32	Whole Wheat Veggie Mini Pizza Boat	Whole wheat pita topped with tomato salsa, bell peppers, sweet corn, and mozzarella cheese.	180–220 g	250 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy
33	Oats & Paneer Veggie Patties	Pan-fried patties loaded with crumbled paneer, rolled oats, grated carrots, and coriander.	180–220 g	265 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
34	Steamed Veggie & Cheese Dumplings	Soft whole wheat dumplings stuffed with finely minced cabbage, carrots, and cottage cheese.	180–220 g	280 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy
35	Crispy Hara Bhara Kabab	Nutritious patties made from green peas, spinach, potato, and roasted chana powder.	180–220 g	295 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy
36	Whole Wheat Zucchini Bread Bites	Moist baked bread slices flavored with grated zucchini, walnuts, cinnamon, and jaggery.	180–220 g	310 kcal	9 g	High Fiber • Calcium • Iron • Sustained Energy
37	Crispy Baked Soy & Potato Tots	Bite-sized tots made from minced soy granules, mashed potatoes, herbs, and breadcrumbs.	180–220 g	325 kcal	10 g	High Fiber • Calcium • Iron • Sustained Energy

38	Mini Masala Idli Skewers	Mini rice idlis tossed in ghee, mustard seeds, curry leaves, and colorful pepper cubes on sticks.	180–220 g	340 kcal	11 g	High Fiber • Calcium • Iron • Sustained Energy
39	Oats, Date & Almond Power Balls	No-bake energy balls packed with dates, toasted oats, almond butter, and chia seeds.	180–220 g	355 kcal	12 g	High Fiber • Calcium • Iron • Sustained Energy
40	Crispy Paneer & Veggie Nuggets	Oven-baked paneer and mixed veggie sticks coated with crispy cornflake breadcrumbs.	180–220 g	220 kcal	8 g	High Fiber • Calcium • Iron • Sustained Energy