

MANVITA - Ages 9–12 High-Energy Morning Tiffins

Includes dish descriptions, suggested portions and estimated nutrition values for parents.

No.	Dish Name	Food Description	Portion Size	Calories	Protein	Nutrition Benefits
1	Paneer Tikka Kathi Roll	Whole wheat wrap filled with smoky spiced paneer, grilled peppers, mint chutney, and onions.	220–280 g	300 kcal	11 g	High Protein • Fiber • Calcium • Iron • Energy
2	Peri-Peri Tofu & Avocado Wrap	Protein-rich pan-seared peri-peri tofu, sliced avocado, and shredded crunchy cabbage.	220–280 g	320 kcal	12 g	High Protein • Fiber • Calcium • Iron • Energy
3	Mexican Fiesta Stuffed Paratha	Whole wheat flatbread filled with seasoned black beans, sweet corn, jalapenos, and melted cheese.	220–280 g	340 kcal	13 g	High Protein • Fiber • Calcium • Iron • Energy
4	Sprouted Moong & Oats Masala Chilla	High-protein sprouted lentil crepe filled with spiced paneer bhurji and fresh coriander.	220–280 g	360 kcal	14 g	High Protein • Fiber • Calcium • Iron • Energy
5	Schezwan Soya Frankie	Juicy soya chunks tossed in mild Schezwan sauce with bell peppers, rolled in a whole grain chapati.	220–280 g	380 kcal	15 g	High Protein • Fiber • Calcium • Iron • Energy
6	Spinach, Mushroom & Cheese Crepe	Oat flour savory crepe layered with garlic sautéed spinach, mushrooms, and mozzarella.	220–280 g	400 kcal	10 g	High Protein • Fiber • Calcium • Iron • Energy
7	Multi-Seed Methi & Paneer Paratha	Fenugreek dough kneaded with flaxseeds and chia, stuffed with savory cottage cheese.	220–280 g	420 kcal	11 g	High Protein • Fiber • Calcium • Iron • Energy
8	Chana Dal & Spinach Cheela Roll	Bengal gram lentil batter mixed with iron-rich spinach, rolled around a sweet-and-sour tamarind dip.	220–280 g	440 kcal	12 g	High Protein • Fiber • Calcium • Iron • Energy
9	Whole Wheat Protein Waffles with Nut Butter	Whole wheat and oat waffles topped with smooth peanut butter, banana slices, and hemp seeds.	220–280 g	460 kcal	13 g	High Protein • Fiber • Calcium • Iron • Energy
10	Mediterranean Falafel Wrap	Baked chickpea falafels with garlic hummus, cucumber, and tomatoes folded in a whole wheat pita.	220–280 g	280 kcal	14 g	High Protein • Fiber • Calcium • Iron • Energy
11	Pesto Paneer & Sun-Dried Tomato Panini	Artisanal whole grain panini stuffed with basil pesto, grilled paneer, and sun-dried tomatoes.	220–280 g	300 kcal	15 g	High Protein • Fiber • Calcium • Iron • Energy

12	Loaded Chipotle Bean Quesadilla	Crispy whole wheat tortilla loaded with pinto beans, grilled corn, chipotle spice, and sharp cheddar.	220–280 g	320 kcal	10 g	High Protein • Fiber • Calcium • Iron • Energy
13	Smash Chickpea & Avocado Loaded Toast	Toasted sourdough topped with spiced smashed chickpeas, creamy avocado, pumpkin seeds, and chili flakes.	220–280 g	340 kcal	11 g	High Protein • Fiber • Calcium • Iron • Energy
14	High-Protein Soya Bhurji Club Toast	Double-deck multigrain toast layered with spicy scrambled soya granules, tomatoes, and crisp lettuce.	220–280 g	360 kcal	12 g	High Protein • Fiber • Calcium • Iron • Energy
15	Teriyaki Tofu & Veggie Bagel	Whole wheat bagel stuffed with glazed teriyaki tofu, cucumber, shredded carrots, and sesame seeds.	220–280 g	380 kcal	13 g	High Protein • Fiber • Calcium • Iron • Energy
16	Spinach, Corn & Cheese Melt Sandwich	Creamy sautéed spinach and sweet corn smothered in melted mozzarella between brown bread slices.	220–280 g	400 kcal	14 g	High Protein • Fiber • Calcium • Iron • Energy
17	Grilled Caprese & Avocado Toastie	Sliced fresh mozzarella, tomatoes, basil pesto, and avocado grilled until crisp on whole grain bread.	220–280 g	420 kcal	15 g	High Protein • Fiber • Calcium • Iron • Energy
18	Spiced Hummus & Roasted Beetroot Sandwich	Roasted beetroot slices, spicy chickpea hummus, arugula, and feta cheese pressed in rye bread.	220–280 g	440 kcal	10 g	High Protein • Fiber • Calcium • Iron • Energy
19	Nut Butter & Berry Superfood Toast	Thick toasted multigrain slice slathered with almond butter, fresh berries, chia seeds, and raw honey.	220–280 g	460 kcal	11 g	High Protein • Fiber • Calcium • Iron • Energy
20	Paneer Mayo & Herb Pocket Pita	Whole wheat pita pocket stuffed with herb-infused Greek yogurt paneer salad and crunchy bell peppers.	220–280 g	280 kcal	12 g	High Protein • Fiber • Calcium • Iron • Energy
21	Protein-Packed Sprouted Moong & Peanut Poha	Flattened rice tossed with sprouted moong, roasted peanuts, curry leaves, veggies, and fresh lemon.	220–280 g	300 kcal	13 g	High Protein • Fiber • Calcium • Iron • Energy
22	South-Indian Quinoa & Paneer Upma	Fluffy quinoa sautéed with pan-seared paneer cubes, cashews, mustard seeds, and mixed vegetables.	220–280 g	320 kcal	14 g	High Protein • Fiber • Calcium • Iron • Energy
23	Masala Oats & Roasted Chana Power Bowl	Savory steel-cut oats simmered with turmeric, vegetables, and topped with crunchy roasted chana.	220–280 g	340 kcal	15 g	High Protein • Fiber • Calcium • Iron • Energy
24	Ragi, Date & Dry-Fruit Super-Malt Bowl	Rich finger millet porridge cooked in milk, sweetened with date paste, topped with almonds and seeds.	220–280 g	360 kcal	10 g	High Protein • Fiber • Calcium • Iron • Energy

25	High-Protein Greek Yogurt Granola Parfait	Thick Greek yogurt layered with high-protein pumpkin seed granola, kiwi, blueberries, and honey.	220–280 g	380 kcal	11 g	High Protein • Fiber • Calcium • Iron • Energy
26	Broken Wheat (Daliya) & Moong Dal Pulao	Nutritious cracked wheat cooked with split moong, green peas, carrots, ghee, and whole spices.	220–280 g	400 kcal	12 g	High Protein • Fiber • Calcium • Iron • Energy
27	Peanut Butter, Cocoa & Espresso-Free Oat Bowl	Warm oats cooked with milk, dark cocoa, peanut butter, chia seeds, and banana slices.	220–280 g	420 kcal	13 g	High Protein • Fiber • Calcium • Iron • Energy
28	Savory Sabudana & Roasted Peanut Power Bowl	Tapioca pearls tossed with coarse peanut powder, boiled potatoes, curry leaves, and lemon juice.	220–280 g	440 kcal	14 g	High Protein • Fiber • Calcium • Iron • Energy
29	Tropical Chia & Berry Protein Smoothie Bowl	Blended Greek yogurt, frozen berries, and chia seeds topped with almonds and toasted coconut flakes.	220–280 g	460 kcal	15 g	High Protein • Fiber • Calcium • Iron • Energy
30	High-Protein Sprouted Chana & Corn Salad Bowl	Steamed sprouted black chana tossed with sweet corn, cucumber, pomegranate, and chat masala.	220–280 g	280 kcal	10 g	High Protein • Fiber • Calcium • Iron • Energy
31	Baked Rajma & Sweet Potato Burger Patties	Protein-loaded kidney bean and sweet potato patties seasoned with smoked paprika and herbs.	220–280 g	300 kcal	11 g	High Protein • Fiber • Calcium • Iron • Energy
32	Crispy Soya Granule & Potato Cutlets	Pan-fried patties made with minced soya, potatoes, garam masala, coated with oats powder.	220–280 g	320 kcal	12 g	High Protein • Fiber • Calcium • Iron • Energy
33	Whole Wheat Paneer & Veggie Calzone Bites	Baked stuffed pizza pockets filled with tomato sauce, seasoned paneer cubes, and bell peppers.	220–280 g	340 kcal	13 g	High Protein • Fiber • Calcium • Iron • Energy
34	Crispy Hara Bhara Oats Kabab	Spinach, green pea, and potato patties fortified with roasted chana flour and rolled oats.	220–280 g	360 kcal	14 g	High Protein • Fiber • Calcium • Iron • Energy
35	Steamed Paneer & Veggie Wheat Dumplings	Whole wheat momos filled with finely minced veggies and paneer, served with spicy sesame dip.	220–280 g	380 kcal	15 g	High Protein • Fiber • Calcium • Iron • Energy
36	Whole Wheat Zucchini & Walnut Bread Slices	Warm homemade baked slices flavored with grated zucchini, walnuts, jaggery, and cinnamon.	220–280 g	400 kcal	10 g	High Protein • Fiber • Calcium • Iron • Energy
37	Mini Masala Idli & Pepper Skewers	Mini rice idlis tossed in ghee, mustard seeds, curry leaves, and colorful bell peppers on skewers.	220–280 g	420 kcal	11 g	High Protein • Fiber • Calcium • Iron • Energy

38	Crispy Cornflake-Crusted Paneer Fingers	Oven-baked paneer strips dipped in wheat slurry and coated with spiced, crunchy cornflakes.	220–280 g	440 kcal	12 g	High Protein • Fiber • Calcium • Iron • Energy
39	Oats, Date & Peanut Butter Power Balls	No-bake energy balls packed with soft dates, toasted oats, peanut butter, and chia seeds.	220–280 g	460 kcal	13 g	High Protein • Fiber • Calcium • Iron • Energy
40	Baked Chickpea & Seed Trail Mix	Crunchy roasted chickpeas tossed with pumpkin seeds, sunflower seeds, raisins, and chaat masala.	220–280 g	280 kcal	14 g	High Protein • Fiber • Calcium • Iron • Energy