



EMIRATES FUTURE INTERNATIONAL ACADEMY

CIRCULAR FOR GRADES 6 TO 12 PARENTS

EDIBLE ENGINEERING PROGRAMME 2025-26

EFIA /CIR-42/2025-26

Date:12/09/2025

Dear Parents,

Greetings from EFIA!

We are pleased to announce that Emirates Future International Academy in its ongoing effort to bring healthy lifestyles to the student community will practice the “Edible Engineering –Build and Eat Healthy” programme in continuation to Eat Right and Get Active campaign.

In support of this significant effort, we are happy to highlight the Healthy Breakfast Program, occurring from Monday to Friday. This initiative aims to guarantee that every student starts their day with a wholesome and nutritious breakfast, improving their energy, focus, and overall preparedness for learning.

REWARD: Students following healthy diet will be monitored by the well-being team and rewarded.

We strongly believe this joint endeavor will assist children in cultivating healthy eating habits while savoring dishes that are nutritious and delicious. We respectfully ask for your assistance in getting your child's breakfast box ready every week with a balanced variety of the food groups given in the attached Monthly Menu Chart. We genuinely value your ongoing support and collaboration in realizing this initiative for it's achievement.

SAJI OOMMEN
PRINCIPAL



EMIRATES FUTURE INTERNATIONAL ACADEMY

MEAL PLAN 2025-26

Dear Parents,

To continue promoting healthy eating habits and balanced nutrition for our students, we are happy to present a **meal plan** for our students. The plan below provides ideas for your child's lunch boxes throughout the week.

Day	Week	Break 1	Break 2
Monday	Week 1	Vegetable Poha/Dosha	Apple Slices with Peanut Butter & Walnuts
	Week 2	Paneer Paratha	Carrot & Cucumber Sticks with Almonds
	Week 3	Idli with Tomato Chutney	Fruit Salad with Cashews
	Week 4	Vegetable Upma	Cheese Cubes with Pistachios
Tuesday	Week 1	Vegetable Sandwich	Sprouts Salad with Sunflower Seeds
	Week 2	Lemon Rice	Watermelon Slices with Almonds
	Week 3	Vegetable Pulao	Yogurt with Honey & Chopped Walnuts
	Week 4	Vegetable Pasta (Whole Wheat)	Boiled Egg with Pumpkin Seeds
Wednesday	Week 1	Aloo Paratha/Appam	Vegetable Spring Rolls with Roasted Peanuts
	Week 2	Vegetable Idiyappam	Mix Vegetable Soup with Breadsticks
	Week 3	Veggie Uttapam	Papaya Cubes with Almonds
	Week 4	Vegetable Biryani	Orange Slices with Pistachios
Thursday	Week 1	Rava Dosa with Chutney	Fruit Salad with Cashews
	Week 2	Vegetable Pasta (Whole Wheat)	Corn & Peas Salad with Pumpkin Seeds
	Week 3	Sabudana Khichdi	Pomegranate Seeds with Almonds
	Week 4	Paneer Roll	Steamed Sweet Corn with Walnuts
Friday	Week 1	Mini Vegetable Idli	Not applicable
	Week 2	Vegetable Frankie (Wrap)	
	Week 3	Tomato Rice	
	Week 4	Vegetable Cutlets, Mixed Nuts (Cashew, Raisin, Walnut, Almond)	

This meal plan offers a variety of nutritious options, ensuring that your child receives a balanced diet while at school. We understand that every child is unique, and their dietary preferences may vary. Therefore, we encourage you to customize this meal plan according to your child's taste preferences and dietary requirements. Thank you for your cooperation in promoting the health and well-being of our students.

Warm regards
Secondary Team