

# Schedule

(Each week's curriculum is designed as a stand-alone week)

	Grades 1-2	Grades 3-5	Grades 6-8
9:00 - 9:10 AM	Arrive and settle down		
9:10 - 9:40 AM	Learn Shlokas and Bhajans		
9:40 - 9:45 AM	Get Ready and set-up for Yoga		
9:45 - 10:25 AM	Stretching and Yoga		
10:25 - 10:30 AM	Disperse to classrooms		
10:30 - 11:30 AM	Curriculum	Curriculum	Curriculum
11:30 - 11:35 AM	Line up and go to Main Temple Hall		
11:35 - 11:50 AM	Aarti in Temple		
11:50 - 12:00 PM	Wash up and get ready for lunch		
12:00 - 12:30 PM	Lunch		

	Grades 1-2	Grades 3-5	Grades 6-8
12:30 - 12:40 PM	Wash up and put on sunscreen and sneakers, hat		
12:40 - 1:30 PM	Outside play OR Board Games/Trivia inside		
1:30 - 1:45 PM	Come inside, Wash up, Hydrate and disperse to class rooms		
1:45 - 2:00 PM	Gita Coaching	Gita Coaching	Gita Coaching
2:00 - 2:30 PM	Board Games		
2:30 - 3:00 PM	Activities based on Curriculum	Activities based on Curriculum	Activities based on Curriculum
3:00 - 3:30 PM	Snacks		
3:30 - 3:40 PM	Wash up and put on sunscreen and sneakers, hat		
3:40 - 4:25 PM	Outside play		
4:25 - 4:35 PM	Pick-up		

# Sample Lunch Menu for 2 weeks

(Freshly prepared vegetarian meals served daily)

Week 1	Menu
Monday	Caprese Salad + Soup + Mixed Vegetable Pasta
Tuesday	Pav Bhaji + Jeera Rice + Raita
Wednesday	Idli + Coconut Chutney + Sambhar + Yogurt Rice + Pickle
Thursday	Bombay Sandwich + Vegetable Fried Rice + Raita
Friday	Pizza + Pasta Salad

Week 2	Menu
Monday	Hakka Noodles + Vegetable Spring Rolls + Plain Yogurt
Tuesday	Fresh Kulcha + Chole + Raita <u>OR</u> Puri + Potato Bhaji + Coconut Chutney
Wednesday	Idli + Coconut Chutney + Sambhar+ Yogurt Rice + Pickle
Thursday	Chutney Sandwich+ Thai Curry + Plain Rice
Friday	Paneer Subji + Roti + Yogurt Rice + Pickle

Note: Afternoon Snack will include cookies/crackers and fruit served with juice/milk