Mount Litera Zee School
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CBSE Affiliation No. 1031216

ZEELEARN

Circular No.: MLZS/ACD/2026-27/0012 Date: 13/07/ 2026

Restriction on Non-Vegetarian Food in School Tiffin

Dear Parents,

Greetings from Mount Litera Zee School, Mhow! This is to inform all parents of students from **Nursery to Grade XII** that **non-vegetarian food is strictly prohibited in school tiffin.**

Kindly ensure that your child brings only vegetarian food to school. This guideline is being implemented to maintain uniformity, respect the sentiments of all members of the school community, and promote a healthy and inclusive school environment. We request your sincere cooperation in adhering to this policy.

Lunch & Tiffin Policy :

1. Is it mandatory for students to bring their own tiffin to school?
   Yes. We encourage all students to bring healthy, home-cooked meals each day to support their growth and concentration throughout the school day.
2. Are students allowed to bring non-vegetarian food?
   No, the school maintains a vegetarian campus to ensure uniformity and hygiene.
3. What kind of food should be packed in the tiffin?
   We recommend nutritious, balanced meals that include fruits, vegetables, whole grains, and proteins. Please avoid junk food, fried items, and carbonated drinks.
4. Are there any restrictions on what can be brought in the tiffin?
   Yes. Items such as chips, candies, soft drinks, and excessively oily or spicy food are discouraged. Foods with strong smells should also be avoided to maintain a pleasant environment.
5. Can students share their tiffin with classmates?
   While sharing is a sign of kindness, we discourage sharing due to allergy concerns and hygiene reasons. Parents should advise children to eat only their own food.
6. Are students allowed to bring non-vegetarian food?
   No, the students are not allowed to bring non-vegetarian food to the school.
7. Is there a separate eating area or supervision during lunch?
   Students eat in their classrooms under the supervision of teachers to ensure hygiene and good table manners.
8. Can parents pack packaged or ready-to-eat meals?
   We recommend avoiding processed or packaged meals as regular tiffin items. Fresh, home-cooked food is always the healthier choice.

Thank you for your understanding and continued support.

Warm Regards,
PRINCIPAL
Mount Litera Zee School Mhow