

Annexure 14

1st SET OF 6 DAYS CYCLIC MENUS

MENU: 1 RAJMAH CHAWAL AND FRUIT

FOOD ITEM	INGREDIENTS	AMT (gm)
RAJMAH	Rajmah	30
	Onion/Dungri	60
	Tomato/Tamatar	30
	Iron rich oil seeds	7.5
	Oil	20
	Curd/Dahi	125
RICE	Rice/Chawal	60
SEASONAL FRUIT	Banana/ kela	100
Nutritive Value: Energy: 730 kcal; Protein: 18gm; Fat: 20.3gm; Iron: 11.3gm		

MENU:2 PAV BHAJI WITH FRUIT

FOOD ITEM	INGREDIENTS	AMT (gm)
PAV	Pav(3)	180
	Oil/ Butter	5
BHAJI	Peas/Matar	15
	Potato/Batata	70
	Cauliflower/patta gobi	10
	Onion/Dungri	10
	Tomato/Tamatar	10
	Iron rich oil seeds	6
	Oil/ butter	5
SEASONAL FRUIT	Banana/ Kela	100
Nutritive Value: Energy: 754 kcal; Protein: 17.5gm; Fat: 19gm; Iron: 8.9gm		

MENU: 3 MIXED VEGETABLE PULAO, CURD & FRUIT

FOOD ITEM	INGREDIENTS	AMT (g)
PULAO	Rice	60
	Green Peas/ Matar/ Vatana	20
	Onion/ Dungri	50
	Tomato/ Tamatar	20
	Iron rich oil seeds	5
	Oil	5
	Potato/Batata	70
CURD	Curd/Dahi	125
	Sugar/sakkare	5
SEASONAL FRUIT	Banana/kela	100
Nutritive Value: Energy: 731.8 kcal; Protein: 19.9gm; Fat: 18.3gm; Iron: 10.5gm		

MENU: 4 POORI, CHANNA, CURD & FRUIT

FOOD ITEM	INGREDIENTS	AMT (gm)
PURI (4)	Wheat flour/Atta	60
	Oil	5
CHANA	Chana	30
	Onion/ Dungri	50
	Tomato/ Tamatar	40
	Cauliflower/ phul gobi	15
	Oil	5
Curd	Dahi	100
SEASONAL FRUIT		100
Nutritive Value: Energy: 720.1 kcal; Protein: 23.5gm; Fat: 20.1gm; Iron: 12.4gm		

MENU:5 VEGETABLE UPMA WITH BANANA

FOOD ITEM	INGREDIENTS	AMT (gm)
VEG UPMA	Semolina/Sooji	50
	Sprout (Chana dal)	15
	Green peas	10
	Ground nut	5
	Onion/Dungri	30
	Potato/ Batata	70
	Carrot/ Gajar	40
	French fries	50
	Iron rich oil seeds	7.5
	Oil	10
Fruit	Banana/Kela	200
Nutritive Value: Energy: 762.6kcal; Protein: 18gm; Fat: 15.7gm; Iron: 12.5gm		

MENU: 6 STUFFED PARATHA WITH CURD AND SAPOTA

FOOD ITEM	INGREDIENTS	AMT (g)
PARATHA	Wheat flour/Atta	60
	Iron rich powder	5
	Potato/Batata	70
	Onion/Dungri	50
	Tomato/Tamatar	10
	Sprouts (Green gram)	10
	Oil	20
CURD	Curd/Dahi	125
SEASONAL FRUIT		100
Nutritive Value: Energy: 741.9kcal; Protein: 17.7gm; Fat: 28.5gm; Iron: 12.7gm		