

Annexure 26

IInd 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 rch 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: BEET THEPLA WITH BANANA

FOOD ITEM	INGREDIENTS	AMT (gm)
BEET THEPLA	Wheat flour	50
	Bajra Flour	40
	beetroot	50
	Iron rich seeds	5
	Jaggery	15
	Curd	60
	OIL	10
CURD	Curd	60
	sugar	10
SEASONAL FRUIT	Banana (small)	100
Nutritive Value: Energy: 744.6 kcal; Protein: 19gm; Fat: 18.8gm; Iron: 12.5gm		

MENU 5: VEG SEVAI WITH BANANA

FOOD ITEM	INGREDIENTS	AMT (gm)
VEG SEVAI	Vermicilli	50
	Chana dal	15
	Green peas	10
	Ground nut	5
	Onion	30
	Potato	70
	carrot	40
	French beans	50
	Iron rich oil seeds	5
	Oil	10
Fruit	Banana	200
Nutritive Value: Energy: 753.6 kcal; Protein: 16.6gm; Fat: 14.9gm; Iron: 10.2gm		

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		