



## MENU & DIET CHART FOR THE MONTH OF JUNE-2019

	DAY	MENU	LIQUID
6/6/2019	Thursday	Club sandwich with ketchup	Bournvita
7/6/2019	Friday	Ragda patties with chutney & sev	-
8/6/2019	Saturday	Choole poori	Butter milk
9/6/2019	Sunday	HOLIDAY	
10/6/2019	Monday	Rajwadi khichdi	Kadhi
11/6/2019	Tuesday	Aloo dahi wala with roti	Lemon water
12/6/2019	Wednesday	Idli sambhar chutney	-
13/6/2019	Thursday	Veg handi with roti	Shikanji
14/6/2019	Friday	Frankie with ketchup	Horlicks
15/6/2019	Saturday	Missal pav	Butter milk
16/6/2019	Sunday	HOLIDAY	
17/6/2019	Monday	Bhaji with bhakhari	Leman do
18/6/2019	Tuesday	Menduwada sambhar chutney	
19/6/2019	Wednesday	Hara bhara kabab with ketchup	Cold chocolate milk
20/6/2019	Thursday	Tawa sabji with roti	Butter milk
21/6 /2019	Friday	Onion tomato besan chilla with chutney	Shikanji
22/6/2019	Saturday	Ptm	-
23/6/2019	Sunday	HOLIDAY	
24/6/2019	Monday	Lachka bhaji with roti	Lemon water
25/6 /2019	Tuesday	Panner kathi roll with ketchup	Hot chocolate milk
26/6/2019	Wednesday	Uttapa sambhar chutney	-
27/6/2019	Thursday	Dum aloo with poori	Leman do
28/6/2019	Friday	Dudhi cabbage thepla	Curd
29/6/2019	Saturday	Golden cheese crunch with ketchup	Sikanji
30/6/2019	Sunday	HOLIDAY	

<b>6/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Club sandwich with ketchup (2p)</b>	360	48	5	18	1
<b>Bournvita (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	550	60	6.5	28	4
<b>7/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
Ragda paties with two chutney & sev (1p)	269	87	3	2	3
<b>Total</b>	269	87	3	2	3
<b>8/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Poori (100gm)</b>	201	5	2.7	8	3
<b>Chhole (50gm)</b>	60	3.4	1.1	4.3	1
<b>Butter milk (100ml)</b>	37	2.9	1	1	1
<b>Total</b>	298	11	5	13	4
<b>10/06/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Rajwadi khichadi (100gm)</b>	112	44	1.42	-	0.75
<b>Kadhi (50ml)</b>	67	4.1	3.5	2	0.75
<b>total</b>	214	51	4.9	4	1.5
<b>11/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Aloo dahiwala sabji (100gm)</b>	201	5	2.7	8	3
<b>Roti (50gm)</b>	60	3.4	1.1	4.3	1
<b>Lemon water (100ml)</b>	37	-	1	1	-

<b>Total</b>	298	11	5	13	4
<b>12/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Idli (2P)</b>	120	1.2	1.42	-	0.75
<b>Sambhar (50gm)</b>	130	27	7	1.3	0.10
<b>Chutney (25gm)</b>	80	5.5	3.1	0.3	3.1
<b>TOTAL</b>	330	33.5	11.1	1.6	3.8
<b>13/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Veg handi (100gm)</b>	201	5	2.7	8	3
<b>Roti 2p</b>	60	3.4	1.1	4.3	1
<b>Sikanji (100ml)</b>	20	2.9	1	1	1
<b>Total</b>	298	11	5	13	4
14/6/2019	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>fAT (%)</b>	<b>FIBER (GM)</b>
Frankie with ketchup (100gm)	269	87	3	2	3
Horlicks (100ml)	190	12	1.5	10	3
<b>Total</b>	459	99	5	12	6

<b>15/6/2019</b>	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
<b>Missal pav (50gm + 2p)</b>	269	87	3	2	3
<b>Butter milk (100ml)</b>	37	2.9	2.1	2	
<b>Total</b>	306	90	4.1	4	3
<b>17/6/2019</b>	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
<b>bhaji (50gm)</b>	89	44	2	4	2
<b>Bhakhari (2p)</b>	115	27	3	1	3.7
<b>Lama do (100ml)</b>	37	2.9	2.1	2	
<b>Total</b>	284	73.9	7.1	7	5.7
<b>18/6/2019</b>	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
<b>Menduwada (2P)</b>	120	1.2	1.42	-	0.75
<b>Sambhar (50gm)</b>	130	27	7	1.3	0.10
<b>Chutney (25gm)</b>	80	5.5	3.1	0.3	3.1
<b>TOTAL</b>	330	33.5	11.1	1.6	3.8
<b>19/6/2019</b>	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	fAT (%)	FIBER (GM)
<b>Hara bhara kabab with ketchup (100gm)</b>	269	87	3	2	3
<b>Cold chocolate milk (100ml)</b>	190	12	1.5	10	3
<b>Total</b>	459	99	5	12	6
<b>20/6/2019</b>	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
<b>Tawa sabji (100gm)</b>	201	5	2.7	8	3

<b>Roti 2p</b>	60	3.4	1.1	4.3	1
<b>Butter milk (100ml)</b>	20	2.9	1	1	1
<b>Total</b>	298	11	5	13	4
<b>21/6/2019</b>	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
<b>Onion tomato besan chilla with chutney (1p)</b>	230	33	7.3	5	1.2
<b>Sikanjin (100ml)</b>	20	12	1.5	10	3
<b>TOTAL</b>	250	45	8.8	15	4.2
<b>24/6/2019</b>	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
<b>Lachaka bhaji (100gm)</b>	98	5	2.7	8	3
<b>Roti 3 p</b>	115	3.4	1.1	4.3	1
<b>Lemon water (100ml)</b>	20	2.9	1	1	1
<b>Total</b>	298	11	5	13	4
25/6/2019	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	fAT (%)	FIBER (GM)
<b>Panner kathi roll with ketchup (100gm)</b>	269	87	3	2	3
<b>Cold chocolate milk (100ml)</b>	190	12	1.5	10	3
<b>Total</b>	459	99	5	12	6

<b>26/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Mix uttapa (1p)</b>	80	1.2	1.42	-	0.75
<b>Sambhar (100ml)</b>	80	27	7	1.3	0.10
<b>Chutney (25gm)</b>	80	5.5	3.1	0.3	3.1
<b>TOTAL</b>	240	33.7	11.52	1.6	3.95
<b>27/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Dum aloo (100gm)</b>	201	5	2.7	8	3
<b>Bhakhari 1p</b>	60	3.4	1.1	4.3	1
<b>Lama do (100ml)</b>	20	2.9	1	1	1
<b>Total</b>	298	11	5	13	4
<b>28/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>FAT (%)</b>	<b>FIBER (GM)</b>
<b>Dudhi cabbage thepla (2p)</b>	115	27	3	1	3.7
<b>Curd (50gm)</b>	80	5.5	3.1	0.3	3.1
<b>Total</b>	195	33	6	1	7
<b>29/6/2019</b>	<b>CALORIES (K CAL)</b>	<b>CARBOHAYDRATE (GM)</b>	<b>PROTEIN (GM)</b>	<b>fAT (%)</b>	<b>FIBER (GM)</b>
<b>Golden crunch with ketchup (100gm)</b>	269	87	3	2	3
<b>Sikanji (100ml)</b>	20	12	1.5	10	3
<b>Total</b>	289	99	5	12	6