



MENU & DIET CHART FOR THE MONTH OF OCTOBER 2019

DATE	DAY	MENU	LIQUID
01-10-2019	TUESDAY	ragda patties with chutney & sev	---
02-10-2019	WEDNESDAY	paneer kathi roll with ketchup	veg. clear soup
03-10-2019	THURSDAY	bhaji with poori	masala butter milk
04-10-2019	FRIDAY	idli sambhar chutney	----
05-10-2019	SATURDAY	dal makhani with rice	bournvita
06-10-2019	SUNDAY	HOLIDAY	HOLIDAY
07-10-2019	MONDAY	rajwadi khichdi	kadhi
08-10-2019	TUESDAY	HOLIDAY	HOLIDAY
09-10-2019	WEDNESDAY	toast sandwich with ketchup	palak soup
10-10-2019	THURSDAY	veg. handi with roti	butter milk
11-10-2019	FRIDAY	mendu wada sambhar chutney	----
12-10-2019	SATURDAY	rajma with rice	hot chocolate milk
13-10-2019	SUNDAY	HOLIDAY	HOLIDAY
14-10-2019	MONDAY	hara bhara kabab with ketchup	lemon coriander soup
15-10-2019	TUESDAY	uttapa sambhar chutney	-----
16-10-2019	WEDNESDAY	dum biryani	veg. raita
17-10-2019	THURSDAY	palak panner with roti	tomato sorba
18-10-2019	FRIDAY	missal pav	horlicks
19-10-2019	SATURDAY	mix kathol with poori	masala butter milk
20-10-2019	SUNDAY	HOLIDAY	HOLIDAY
21-10-2019	MONDAY	golden cheese crunch with ketchup	veg. soup

22-10-2019	TUESDAY	chhole with poori	butter milk
23-10-2019	WEDNESDAY		
24-10-2019	THURSDAY		
25-10-2019	FRIDAY		
DIWALI VACATION			
26-10-2019	SATURDAY		
27-10-2019	SUNDAY		
28-10-2019	MONDAY		
29-10-2019	TUESDAY		
30-10-2019	WEDNESDAY		

FOOD ITEM	CALORIES (K CAL)	CARBOHAYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
Masala idli (50gm)	80	1.2	1.42	-	0.75
Bournvita (100ml)	190	12	1.5	10	3
TOTAL	270	13.2	2.92	10	3.75
Mix veg paratha(2p)	201	5	2.7	8	3
Curd (50gm)	60	3.4	1.1	4.3	1
total	261	8.4	3.8	12.3	4
Bhajipuri(50gm +3P)	280	22	3	7.2	3.2
Hot chocolate milk(100ml)	190	12	1.5	10	3
TOTAL	370	34	4.5	17.2	6.2
MIX UTTAPA (2P)	120	1.2	1.42	-	0.75
Sambhar (50gm)	130	27	7	1.3	0.10

Chutney (25gm)	80	5.5	3.1	0.3	3.1
TOTAL	330	33.5	11.1	1.6	3.8
Veg cutlets (2p)	54	34	1.2	2	1
Horlicks milk (100ml)	190	12	1.5	10	3
TOTAL	244	46	2.7	12	4
Moong dal chilla (2p)	115	27	3	1	3.7
Chutney (25gm)	80	5.5	3.1	0.3	3.1
veg soup (100ml)	80	2.9	2.1	2	
TOTAL	275	35	8.2	3.3	6.8
Menduvada (2 p)	229	44	3	3	1
Sambhar (50ml)	130	27	7	1.3	0.10
Chutney (25 gm)	80	5.5	3.1	0.3	3.1
TOTAL	459	76.5	13.1	4.6	4.2
Chholepoori (50gm +3p)	190	44	2	4	2
Bournvita (100ml)	190	12	1.5	10	3
TOTAL	380	56	3.5	14	5
Lachkabhaji (50gm)	210	22	3	7.2	3.2
Methithepla(2p)	115	27	3	1	3.7
Chocolate milk (100ml)	190	12	1.5	10	3
TOTAL	505	6	7.5	18.2	9.9
Sevusal (50gm)	89	33	2	1	1
Pav (2p)	101	22	3	0.5	3.7
palak soup(100ml)	80	2.9	2.1	2	
TOTAL	280	57.9	7,1	3.5	4.7
Veg. spring roll +sauce (1p)	269	21	3.9	6	8.2
bournvita (100ml)	190	12	1.5	10	3
TOTAL	459	33	5.4	16	11.2
Aloomethiparatha (1p)	201	5	2.7	8	3
Curd (50gm)	60	3.4	1.1	4.3	1

TOTAL	261	8.4	3.8	12.3	4
Stuff kulcha (1p)	334	45	2	4	3
Curd (50gm)	60	3.4	1.1	4.3	1
TOTAL	394	48.4	3.1	8.3	4
Ragdapaties (100gm +2p)	159	43	2	3	1
Butter milk (100ml)	37	2.9	2.1	2	
TOTAL	196	45.9	4.1	5	1

Idli (2p)	80	1.2	1.42	-	0.75
Sambhar (50gm)	130	27	7	1.3	0.10
Chutney (25gm)	80	5.5	3.1	0.3	3.1
TOTAL	290	33.7	11.52	1.6	3.95
Pannerbhurji +paratha (50gm +2p)	269	87	3	2	3
Butter milk (100ml)	37	2.9	2.1	2	
TOTAL	306	90	4.1	4	3
toast sandwich (1p)	230	33	7.3	5	1.2
Cold chocolate milk (100ml)	190	12	1.5	10	3
TOTAL	420	45	8.8	15	4.2
Bataka dry bhajipoori (50gm + 3p)	280	22	3	7.2	3.2
Chocolate milk (100ml)	190	12	1.5	10	3
TOTAL	470	34	4.5	17.2	6.2
Mix kathol (50gm)	89	44	2	4	2
Paratha (2p)	115	27	3	1	3.7
sweet corn soup(100ml)	80	2.9	2.1	2	
Total	284	73.9	7.1	7	5.7
Lachkabhaji (50gm)	210	22	3	7.2	3.2
paratha(2p)	115	27	3	1	3.7
Tomato soup(100ml)	37	2.9	2.1	2	
TOTAL	362	51.9	8.1	10.2	6.9
Pannerkathi roll(1p)	360	48	5	18	1
Chocolate milk (100ml)	190	12	1.5	10	3
TOTAL	550	60	6.5	28	4
Missal (50gm)	89	33	2	1	1
Pav (2p)	101	22	3	0.5	3.7

total	190	55	5	1.5	4.7
Rajma rice (50 gm +100gm)	269	21	3.9	6	8.2
Horlicks milk (100ml)	80	11	1.5	4	3
TOTAL	349	32	5.4	10	11.2
palakpanner+paratha (50gm +2p)	269	87	3	2	3
Chocolate milk (100ml)	190	10	2.1	2	
TOTAL	459	97	4.1	4	3
Ragdakachori (100gm +2p)	159	43	2	3	1
lemon coriander soup (100ml)	80	2.9	2.1	2	
TOTAL	239	45.9	4.1	5	1
Vagarelikhichadi (100gm)	112	44	1.42	-	0.75
Kadhi (50ml)	67	4.1	3.5	2	0.75
total	179	48	4.9	4	1.5
tadkaIdli (2p)	80	1.2	1.42	-	0.75
cold chocolate milk (100ml)	190	27	7	1.3	0.10
Chutney (25gm)	80	5.5	3.1	0.3	3.1
TOTAL	350	33.7	11.52	1.6	3.95
dal makhani (100ml)	169	87	3	2	3
rice (100gm)	190	12	1.5	10	3
total	359	99	5	12	6
golden cheese crunch roll (3p)	230	33	7.3	5	1.2
Cold chocolate milk(100ml)	190	12	1.5	10	3
TOTAL	420	45	8.8	15	4.2
Mix veg kofta (50gm)	89	44	2	4	2
chapatti (3p)	115	27	3	1	3.7
shikanji(100ml)	80	2.9	2.1	2	
Total	284	73.9	7.1	7	5.7
dum biryani (100gm)	269	87	3	2	3
veg raita (50gm)	37	2.9	2.1	2	
total	306	90	4.1	4	3
Tawapulao(100gm)	210	22	3	7.2	3.2
Bhaji 25gm	89	33	2	1	1
Raita 25gm	37	2.9	2	1	
Total	337	58	7	9.2	4.2

Mix beans (50gm)	89	44	2	4	2
chapatti (3p)	115	27	3	1	3.7
clear soup(100ml)	80	2.9	2.1	2	
Total	284	73.9	7.1	7	5.7
harabharakabab	230	33	7.3	5	1.2
chocolate milk(100ml)	190	12	1.5	10	3
TOTAL	420	45	8.8	15	4.2
Green bhaji(50gm)	89	44	2	4	2
Poori (3p)	115	27	3	1	3.7
Horlicks milk(100ml)	80	2.9	2.1	2	
Total	284	73.9	7.1	7	5.7
veg kadai(50gm)	59	44	2	4	2
Chapatti (2p)	115	27	3	1	3.7
Butter milk (100ml)	37	2.9	2.1	2	
Total	222	74	7.1	7	5.7
veg jalfrazi(50gm)	89	44	2	4	2
Poori3p)	115	27	3	1	3.7
tomato sorba(100ml)	80	2.9	2.1	2	
Total	284	73.9	7.1	7	5.7
Veg hariyali(50gm)	89	44	2	4	2
Paratha (2p)	115	27	3	1	3.7
bournvita milk(100ml)	80	2.9	2.1	2	
Total	284	73.9	7.1	7	5.7
haydrabadi biryani (100gm)	269	87	3	2	3
veg raita(50gm)	37	2.9	2.1	2	
total	306	90	4.1	4	3
panneramtitsari(50gm)	210	22	3	7.2	3.2
Roti (2p)	115	27	3	1	3.7
Butter milk milk (100ml)	37	2.9	2.1	2	
TOTAL	362	51.9	8.1	10.2	6.9
shahikofta curry (50gm)	89	44	2	4	2
Roti 2p)	115	27	3	1	3.7
Chocolate milk milk(100ml)	80	2.9	2.1	2	
Total	284	73.9	7.1	7	5.7