



## MENU & DIET CHART FOR THE MONTH OF FEBRUARY 2020

DATE	DAY	MENU NAME	COMPLIMENTARY
1/2/2020	Saturday	Rajma Curry With Rice	Lemon Coriander Soup
2/2/2020	Sunday	Holiday	----
3/2/2020	Monday	Veg Kohlapuri With Roti	Horlicks
4/2/2020	Tuesday	Rajwadikhichdi	Kadhi
5/2/2020	Wednesday	Hara Bhara Kabab With Ketchup	Sangai Soup
6/2/2020	Thursday	Uttapa Sambhar Chutney	----
7/2/2020	Friday	Missal Pav	Cold Chocolate Milk
8/2/2020	Saturday	Jaypuri Dum Aloo With Poori	Butter Milk
9/2/2020	Sunday	Holiday	----
10/2/2020	Monday	Doodhi Kofta Curry With Roti	Bournvita
11/2/2020	Tuesday	Idli sambhar Chutney	----
12/2/2020	Wednesday	Golden Cheese Crunch With Ketchup	Palak Soup
13/2/2020	Thursday	Tawa Pulao with Bhaji	Veg Raita
14/2/2020	Friday	Dal Makhani With Rice	Hot Chocolate Milk
15/2/2020	Saturday	Ragda Patties With Chutney & Sev	Masala Butter Milk
16/2/2020	Sunday	Holiday	----
17/2/2020	Monday	Palak Panner With Roti	Horlicks
18/2/2020	Tuesday	Menduwada Sambhar Chutney	----
19/2/2020	Wednesday	Toast Sandwich With Ketchup	Veg Soup
20/2/2020	Thursday	Dum Biryani	Veg Raita
21/2/2020	Friday	Holiday	----
22/2/2020	Saturday	Moong Dal Kachori With	Butter Milk

Ragda & Chutney			
23/2/2020	Sunday	Holiday	----
24/2/2020	Monday	Lachka Bhaji With Roti	Hot Chocolate Milk
25/2/2020	Tuesday	Tadka Idli With Chutney	Bournvita
26/2/2020	Wednesday	Veg Cutlet With Ketchup	Clear Soup
27/2/2020	Thursday	Haydrabadi Biryani	Veg Raita
28/2/2020	Friday	Chhole With Poori	Tomato Soup
29/2/2020	Saturday	Pav Bhaji	Masala Butter Milk

FOOD ITEM	CALORIES (K CAL)	CARBOHYDRATE (GM)	PROTEIN (GM)	FAT (%)	FIBER (GM)
Masala idli (50gm)	80	1.2	1.42	-	0.75
Bournvita (100ml)	190	12	1.5	10	3
<b>TOTAL</b>	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
<b>total</b>	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
<b>TOTAL</b>	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
<b>TOTAL</b>	330	33.5	11.1	1.6	3.8
Veg cutlets (2p)	54	34	1.2	2	1

<b>Horlicks milk (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	244	46	2.7	12	4
<b>Moong dal chilla (2p)</b>	115	27	3	1	3.7
<b>Chutney (25gm)</b>	80	5.5	3.1	0.3	3.1
<b>veg soup (100ml)</b>	80	2.9	2.1	2	
<b>TOTAL</b>	275	35	8.2	3.3	6.8
<b>Menduvada (2 p)</b>	229	44	3	3	1
<b>Sambhar (50ml)</b>	130	27	7	1.3	0.10
<b>Chutney (25 gm)</b>	80	5.5	3.1	0.3	3.1
<b>TOTAL</b>	459	76.5	13.1	4.6	4.2
<b>Chholepoori (50gm +3p)</b>	190	44	2	4	2
<b>Bournvita (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	380	56	3.5	14	5
<b>Lachkabhaji (50gm)</b>	210	22	3	7.2	3.2
<b>Methithepla(2p)</b>	115	27	3	1	3.7
<b>Chocolate milk (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	505	6	7.5	18.2	9.9
<b>Sevusal (50gm)</b>	89	33	2	1	1
<b>Pav (2p)</b>	101	22	3	0.5	3.7
<b>palak soup(100ml)</b>	80	2.9	2.1	2	
<b>TOTAL</b>	280	57.9	7,1	3.5	4.7
<b>Veg. spring roll +sauce (1p)</b>	269	21	3.9	6	8.2
<b>bournvita (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	459	33	5.4	16	11.2
<b>Aloomethiparatha (1p)</b>	201	5	2.7	8	3
<b>Curd (50gm)</b>	60	3.4	1.1	4.3	1
<b>TOTAL</b>	261	8.4	3.8	12.3	4
<b>Stuff kulcha (1p)</b>	334	45	2	4	3
<b>Curd (50gm)</b>	60	3.4	1.1	4.3	1
<b>TOTAL</b>	394	48.4	3.1	8.3	4
<b>Ragdapaties</b>	159	43	2	3	1

<b>(100gm +2p)</b>					
<b>Butter milk (100ml)</b>	37	2.9	2.1	2	
<b>TOTAL</b>	196	45.9	4.1	5	1

<b>Idli (2p)</b>	<b>80</b>	<b>1.2</b>	<b>1.42</b>	<b>-</b>	<b>0.75</b>
<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>	290	33.7	11.52	1.6	3.95
<b>Pannerbhurji +paratha (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>toast sandwich (1p)</b>	230	33	7.3	5	1.2
<b>Cold chocolate milk (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	420	45	8.8	15	4.2
<b>Bataka dry bhajipoori (50gm + 3p)</b>	280	22	3	7.2	3.2
<b>Chocolate milk (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	470	34	4.5	17.2	6.2
<b>Mix kathol (50gm)</b>	89	44	2	4	2
<b>Paratha (2p)</b>	115	27	3	1	3.7
<b>sweet corn soup(100ml)</b>	80	2.9	2.1	2	
<b>Total</b>	284	73.9	7.1	7	5.7
<b>Lachkabhaji (50gm)</b>	210	22	3	7.2	3.2
<b>paratha(2p)</b>	115	27	3	1	3.7
<b>Tomato soup(100ml)</b>	37	2.9	2.1	2	
<b>TOTAL</b>	362	51.9	8.1	10.2	6.9
<b>Pannerkathi roll(1p)</b>	360	48	5	18	1
<b>Chocolate milk (100ml)</b>	190	12	1.5	10	3
<b>TOTAL</b>	550	60	6.5	28	4
<b>Missal (50gm)</b>	89	33	2	1	1
<b>Pav (2p)</b>	101	22	3	0.5	3.7
<b>total</b>	190	55	5	1.5	4.7
<b>Rajma rice (50 gm +100gm)</b>	269	21	3.9	6	8.2
<b>Horlicks milk (100ml)</b>	80	11	1.5	4	3
<b>TOTAL</b>	349	32	5.4	10	11.2

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

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