

WEEKLY MENU

i. CRECHE:

	Menu (with raw food serving amounts per child)	Kcalories	Total	Protein
Breakfast	Milk + Sugar 100 ml + 5 gm	117 + 20	602 137	4 - 5 gm
	OR Milk +Ragi + Jaggery 60 ml + 15 gm + 5 gm	70 + 150 + 20	170	
Mid-morning	Rajgira chikki 10 gm	33	33	
	OR 1/2 Banana 60 gm	60	60	
Lunch				
Monday	Oil + Rice + Dal + White pumpkin Vegetable 3 gm + 40 gm + 20 gm + 20 gm	27 + 128 + 68 + 12	235	9 gm
Tuesday	Oil + Khichdi (Dalia + Dal) + Red Pumpkin Vegetable 3 gm + 40 gm + 20 gm + 20 gm	27 + 128 + 68 + 8	231	9-10 gm
Wednesday	Oil + Rice + Dal + Spinach/Cabbage + Tomato 3 gm + 40 gm + 20 gm + 20 gm + 5 gm	27 + + 128 + 68 + 5	228	9-10 gm
Thursday	Oil + Masala Rice (Rice+tomato+Potato+Onion+Soya beans) 3 gm + 40 gm + 5 gm + 5 gm + 5 gm + 20 gm	27 + 128 + 5 + 3 + 86	249	14gm
Friday	Oil + Khichdi (Dalia + Dal) + Carrot 3 gm + 40 gm + 25 gm + 20 gm	27 + + 128 + 68 + 10	233	9-10 gm
Saturday	Sprouts Khitchdi + onion + tomato + potato 30 gm + 5 gm + 5 gm + 5 gm	130 + 3 + 5	138	6-8 gm
Evening	Milk + Sugar 100 ml + 5 gm	117 + 20	137	4 gm

ii. PRESCHOOL:

		Kcalories	Total	Protein
Breakfast	Milk +Ragi + Jaggery 60 ml + 15 gm + 5 gm	70 + 150 + 20	170	
Lunch				
Monday	Oil + Rice + Dal + White pumpkin Vegetable 3 gm + 50 gm + 25 gm + 25 gm	27 + 160 + 85 + 15	287	9-10 gm
Tuesday	Oil + Khichdi (Dalia + Dal) + Red Pumpkin Vegetable 3 gm + 50 gm + 25 gm + 25 gm	27 + 160 + 84 + 10	291	9-10 gm

Wednesday	Oil + Rice + Moong Dal + Spinach/Cabbage + Tomato 3 gm + 50 gm + 25 gm + 25 gm + 5 gm + 5gm	27 + 160 + 84 + 7 + 5	283	9-10 gm
Thursday	Oil + Masala Rice (Rice + tomato + Potato + Onion + Soya) 3 gm + 50 gm + 5 gm + 5 gm + 5 gm + 25 gm	27 + 160 + 5 + 3 + 100	295	14 gm
Friday	Oil + Khichdi (Dalia + Dal) + Carrot 3 gm + 50 gm + 25 gm + 30 gm	27 + 160 + 84 + 15	286	9 gm
Saturday	Sprouts Khitchdi + onion + tomato + potato 30 gm + 5 gm + 5 gm + 5 gm	130 + 3 + 5	138	6 gm
Evening	Mixed sprouts 15 gm	60	60	2 gms

iii. PRIMARY:

Raw serving per child		Kcalories	Total	Protein
Breakfast	Milk +Ragi + Jaggery 60 ml + 15 gm + 5 gm	70 + 150 + 20	170	
Lunch				
Monday	Oil + Rice + Dal + White pumpkin Vegetable 3 gm + 75 gm + 30 gm + 30 gm	27 + 240 + 100 + 18	371	15 gm
Tuesday	Oil + Khichdi (Dalia + Dal) + Red Pumpkin Vegetable 3 gm + 75 gm + 30 gm + 30 gm	27 + 240 + 100 + 15	371	15 gm
Wednesday	Oil + Rice + Dal + Spinach/Cabbage + Tomato 3 gm + 75 gm + 30 gm + 30 gm + 5 gm	27 + 240 + 100 + 8 + 2	377	15 gm
Thursday	Oil + Masala Rice (Rice + tomato + Potato + Onion + Soya) 3 gm + 75 gm + 10 gm + 10 gm + 5 gm + 30 gm	27 + 240 + 10 + 104	381	17 gm
Friday	Oil + Khichdi (Dalia + Dal) + Carrot 3 gm + 75 gm + 30 gm + 30 gm	27 + 240 + 110 + 15	382	15 gm
Saturday	Sprouts Khitchdi + onion + tomato + potato 30 gm + 5 gm + 5 gm + 5 gm	120 + 3 + 3 + 5	131	6-7 gm
Evening	Mixed sprouts 20 gms raw pulse per child	80	80	3 gm