

## MENU FOR MAY 2018 (SENIOR WING)

### NURITIONAL PROBLEMS

- **OBESITY**
- **EATING DISORDERS** :Anorexia nervosa  
Bulimia nervosa  
Binge eating disorder
- **PREDISPOSITION TO OSTEOPOROSIS**
- **ANAEMIA**
- **UNDERNUTRITION**
- **PREMENSTRUAL SYNDROME**

## Nutrient Requirements

- Energy and protein requirements peak at 11-14 for girls (2,200 Cal/d) and 15-18 for boys (2,500+ Cal/d).
- Protein requirements of 0.8 –1.0 g/kg/d are met by typical American teens (even vegetarians).
- Fat: adult levels of 30% of calories should be encouraged.
- Calcium: 1,200-1,500 mg/d recommended (600-800 consumed)
- Iron: prevalence of Fe-deficiency anemia 2-10%
- Zinc: growth increases zinc requirements

Date	Morning refreshment	Lunch	Evening refreshment
01-05-2018	Bhelpuri	Pav bhaji,masoor dal,zeera rice,salad	Fruit
02-05-2018	Black channa chaat	Vegetable noodles,vegetable Manchurian, vegetable fried rice,masoor dal,chapatti,zeeraaloo	Fruit
03-05-2018	Vegetable vermicelli	Arhaar dal,bhindi ,multi grain chapatti,rice,salad ,cucumber raita	Packed refreshment
04-05-2018	Samosa	Blackchanna curry, ghia kofta ,chapatti, rice, salad ,jalebi	Fruit
05-05-2018	Vegetable vada	Moongmalka,mixed vegetable,chapatti,rice, salad,custard	Fruit
07-05-2018	Vegetable macaroni	Kadhi,aloo palak,chapatti,rice,salad,papad	Fruit
08-05-2018	Burger	Urad channa,palak panner,chapatti ,rice,salad	Fruit
09-05-2018	Matara khulcha	Vada,sambar,lemon rice,chapatti,salad,zeera aloo	Packed refreshment
10-05-2018	Dal kachori and aloo subzi (6th ,7th 8th class) + bread pakora(9th ,10th, 11th ,12th class + staff)	Rajmah,aloo badi,spinach chapatti,rice, salad,bhoondi raita	Fruit
11-05-2018	Dal kachori and aloo subzi(9th ,10th ,11th 12th class+ staff) + bread pakora(6th, 7th, 8th class)	Kabulichanna,aloocapsicum,chapatti,rice,salad, cucumber raita	Fruit