

AUGUST 2018 MENU FOR SENIOR WING

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 |
|------------|--|--|---------------------|
| 01-08-2018 | Burger | Arhaar dal,mixed vegetable,multi grain chapatti,rice,salad,cucumber raita | Fruit |
| 02-082018 | Samosa | Rajmah,ghia,chapatti,rice,salad,onion tomato raita | Fruit |
| 03-08-2018 | Black channa chaat + chapatti roll(class 12 th) | Urad channa ,aloo bringal ,chapatti,rice,salad,mint raita | Packed refreshment |
| 04-08-2018 | Vegetable vermicelli + chapatti roll(class 11 th) | Moongsabut,aloo capsicum,chapatti,rice,salad,bhoondi raita | Fruit |
| 06-08-2018 | Bhelpuri + chapatti roll(class 10 th) | Vegetable noodles,vegetable manchurian,vegetable fried rice,masoor dal,chapatti,zeera aloo | Fruit |
| 07-08-2018 | Bread pakora | Blackchanna curry,dumaloo,multi grain chapatti,rice, salad bhoondi raita | Fruit |
| 08-082018 | Matara khulcha, | Moongmalka,bhindi,chapatti,rice,salad ,jalebi | Fruit |
| 09-08-2018 | sandwiches+ chapatti roll(class 9 th) | Kabulichanna,,aloo beans,chapatti,rice,salad,mint raita | Packed refreshment |
| 10-08-2018 | Vegetable macaroni + chapatti roll(class 8 th) | Vada, Sambar ,lemon rice,aloo methi,chapatti,salad | Fruit |
| 13-08-2018 | Aloo bhoonda + chapatti roll(staff)) | Kadhi,aloo palak,chapatti,rice,salad,papad | Fruit |
| 14-08-2018 | Poha + chapatti roll(class 7 th)) | Besan methi poori, aloo curry , pumpkin,zeera rice,salad,suji halwa | Packed refreshment |
| 16-08-2018 | Dal kachori and aloo subzi(9th ,10th ,11th 12th class+ staff) + bread roll(6th, 7th, 8th class | Urad channa,palak paneer ,chapatti ,rice,salad | Fruit |
| 17-08-2018 | Dal kachori and aloo subzi (6th ,7th 8th class) + bread roll(9th ,10th, 11th ,12th class + staff | Arhaar dal,ghia kofta,chapatti,rice,salad,cucumber raita | Fruit |

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| 18-08-2018 | Vegetable vada | Urad rajmah,mixed vegetable,chapatti,rice,salad,mint raita | Fruit |
| 20-08-2018 | Bhelpuri + chapatti roll(class 6 th) | Vegetable noodles,vegetable manchurian,vegetable fried rice,masoor dal,chapatti,zeera aloo | Fruit |
| 21-08-2018 | Chana palak cutlet + bread slice | Rajmah,aloo bringal,chapatti,rice,salad,cucumber raita | Fruit |
| 23-08-2018 | Samosa | Kadhi,aloo capsicum,chapatti,rice,salad,papad | Fruit |
| 24-08-2018 | Vegetable pakoras | Kabulichanna,bhindi,chapatti,rice,salad,bhoondi raita | Packed refreshment |
| 25-08-2018 | Sagopeanut cutlet+ bread slice | Black channa curry ,mixed vegetable,chapatti,rice, salad, besan laddoo | Fruit |
| 27-08-2018 | Vegetable macaroni | Moongsabut,palak paneer, multi grain chapatti,rice, salad | Packed refreshment |
| 28-082018 | Dal kachori and aloo subzi (6th ,7th 8th class) + stuffed vegetable dal parantha(9th,10th,11th 12th class+ staff) | Vada ,Sambar ,lemon rice,aloo beans,chapatti,salad | Fruit |
| 29-08-2018 | Dal kachori and aloo subzi (6th ,7th 8th class) + stuffed vegetable dal parantha(9th,10th,11th 12th class+ staff) | Moongmalka,aloomethi,chapatti,rice,salad,cucumber raita | Packed refreshment |
| 30-08-2018 | Black channa chaat | Aloopea subzi,pumpkin,spinach poori,zeera rice, salad,vermicelli kheer | Fruit |
| 31-08-2018 | Matara khulcha | Urad rajmah,ghia,chapati,rice,salad,bhoondi raita | Fruit |