

SENIOR WING MENU FOR JANUARY 2018

Deficiency of Nutrients and Mental Development

Micronutrient	Deficiency manifestations
Iodine	<ul style="list-style-type: none"> Poor somatic and central nervous system growth, sluggishness, inactivity, lethargy, poor concentration, impaired cognition and incoordination. Sequel leading to minimal brain function to a syndrome of severe intellectual disability. Global loss of 10-15 intellectual quotient
Iron	<ul style="list-style-type: none"> Listlessness, apathy, lack of vigor and enthusiasm, lower scores on motor development and cognitive tests and poor school grades- Less myelination and altered neurotransmitter function
Zinc	<ul style="list-style-type: none"> Lethargy, decreased visual memory, impaired cognitive development and neuropsychological problems
Selenium	<ul style="list-style-type: none"> Depression, low mood, low energy level, anxiety and stress
Choline	<ul style="list-style-type: none"> Poor memory and mental functioning
DHA	<ul style="list-style-type: none"> Short memory span, poor ability for discrimination, aggression, hostility, learning disability, dyslexia? attention deficit disorder



Food for thought

Fortification of eatables is aimed at fighting malnutrition

What it means
Fortification is the addition of key vitamins and minerals, such as Iron, iodine, zinc, Vitamins A & D, to staple foods such as rice, milk and salt to improve their nutritional content



- The nutrients may or may not have been originally present in the food before processing
- It is a simple, proven, cost-effective and complementary strategy in use across the globe
- The draft Food Safety and Standards Regulations, 2016, prescribe the standards for fortification of salt, oil, milk, and rice

Date	Morning refreshment	Lunch	Evening refreshment
16-01-2018	Samosa	Raddish, onion salad, palak paneer, urad dry, multigrain roti, rice	Biscuit
17-01-2018	Sandwiches	Bhoondi raita, rice, chapati, urad rajmah, aloo gobi, papad	Fruit
18-01-2018	Vegetable vada	Grated carrot, raddish, onion salad, zeera rice, arhaar dal, Pav, bhaji	Fruit
19-01-2018	Matara Khulcha	Raddish, cucumber salad, Bathua raita, rice, Chapati, urad channa, carrot pea	Savory snack
20-01-2018	Bhelpuri	Cucumber raddish salad, zeera rice, chapati, moong malka, ghia kofta, papad	Biscuit
22-01-2018	Chana palak cutlet + bread slice	Carrot, cucumber salad, zeera rice, aloo pea curry, pumpkin, spinach poori, suji halwa	Fruit
23-01-2018	Black channa chaat	Vegetable noodles, vegetable fried rice, vegetable Manchurian, multigrain chapatti, channa dal, raddish onion salad	Fruit
24-01-2018	Idli sambar (9 th , 10 th , 11 th , 12 th class + staff) + Vegetable macaroni (6 th , 7 th , 8 th class)	Raddish carrot salad, zeera rice, chapatti, kabulichanna aloo capsicum, bhoondi raita	Savory snack
25-01-2018	Idli sambar (6 th , 7 th , 8 th class) + Vegetable macaroni ((9 th , 10 th , 11 th , 12 th class + staff)	Cucumber onion salad, pulao, black channa curry, mixed vegetable, chapatti, besan laddoo	Fruit
27-01-2018	Poha	Carrot onion salad, Tomato soup, urad dry, aloo pea curry, chapatti, rice	Fruit
29-01-2018	Dal kachori + Aloo subzi (9 th , 10 th , 11 th , 12 th class + staff) + dal stuffed vegetable parantha + pickle (6 th , 7 th , 8 th class)	Palak chapatti, kadhi, rice, dumaloo, jalebi, carrot raddish salad	Biscuit
30-01-2018	Dal kachori + Aloo subzi (6 th , 7 th , 8 th class) + dal stuffed vegetable parantha + pickle (9 th , 10 th , 11 th , 12 th class + staff)	Tomato soup, rajmah, pumpkin, rice, chapatti, grated carrot, raddish, onion salad	Savory snack
31-01-2018	Burger	Coconut chutney, chapatti, sambar, vada, lemon rice, aloo beans	Fruit