

Meal plan for Senior Wing for May 2026



Dekha Kya?

Eat fortified foods with added vitamins and minerals for your daily needs

Wheat Flour & Rice
 Iron, Vitamin B12, Folic Acid
Fight Anaemia

Oil & Milk
 Vitamin A (Prevents night blindness), Vitamin D (Supports strong bones)

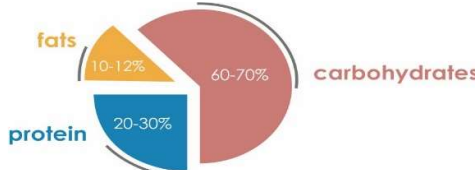
Double Fortified Salt
 Iron (Fights Anaemia), Iodine (Normal growth and brain development)

No change in taste, smell, appearance, cooking and storing methods

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Healthy Eating

Calorific distribution in Balanced Diet:



Recommended dietary intake

- Sugar:** <50 g/day (<10% of total energy from free sugar)
- Fat:** <60 g/day (<30% of total energy from fat)
- Salt:** <5 g/day (sodium <2g/day)

Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
02.05.26	Samosa	Kadhi, aloo methi, papad	Biscuit
04.05.26	Vegetable Poha	Aloo subji, besan methi poori, pea pulao, bhoondi raita	Fruit
05.05.26	Vada Pav	Moong sabut, bhindi, cucumber raita	Savory Snack
06.05.26	Bhelpuri	Vada, sambar, lemon rice, zeera aloo	Biscuit
07.05.26	Bread Pakora	Urad channa, palak paneer	Fruit
08.05.26	Vegetable corn sprout chaat	Vegetable noodles, vegetable Manchurian, channa dal, chapatti, zeera aloo, aloo bean	Savory Snack
11.05.26	Sandwiches	Lobia, ghia kofta, custard	Biscuit
12.05.26	Matar Khulcha	Arhaar dal, bhindi, aloo raita	Fruit
13.05.26	Dal Kachori & Aloo subji	Mixed dal, aloo bean, vegetable raita	Savory Snack
14.05.26	Stuffed prantha (class 6 th to 8 th) Bread Pakora (class 9 th to 12 th)	Black channa, aloo methi, cucumber raita	Biscuit
15.05.26	Bread Pakora (class 6 th to 8 th) Stuffed prantha (class 9 th to 12 th)	Rajmah, aloo capsicum, bhoondi raita	Fruit