

ਦਾਖਲੇ ਸਰਕਾਰ ਵੱਲੋਂ 2019-2020 ਵਿੱਚ ਸ਼ਾਮਲ ਕੀਤੇ ਗਏ ਸਨ ਅਤੇ ਸ਼ਾਮਲ ਕੀਤੇ ਗਏ ਸਨ।  
 ਸ਼ਾਮਲ ਕੀਤੇ ਗਏ ਸਨ ਅਤੇ ਸ਼ਾਮਲ ਕੀਤੇ ਗਏ ਸਨ।

DAYS	ITEM	MATERIAL	PRIMARY			UPPER PRIMARY		
			QUANTITY	CALORIE	PROTEIN	QUANTITY	CALORIE	PROTEIN
MONDAY								
LUNCH	THEPALA & DRY SUBJI	WHEAT FLOUR	100.00	341.00	12.10	150.00	511.50	18.10
		POTATO	50.00	48.50	0.80	75.00	72.70	1.20
		OIL	10.00	90.00	0.00	10.00	90.00	0.00
		MASALA	As per req	0.00	0.00	As per req	0.00	0.00
		TOTAL MEAL	160.00	479.50	12.90	235.00	674.20	19.30
BREAKFAST	CHANA CHAT	DESI CHANA	20.00	64.60	4.82	30.00	96.90	7.20
		LEMON JUICE	As per req	0.00	0.00	As per req	0.00	0.00
		MASALA	As per req	0.00	0.00	As per req	0.00	0.00
		TOTAL BREAKFAST	20.00	64.60	4.82	30.00	96.90	7.20
		TOTAL	180.00	544.10	17.72	265.00	771.10	26.50
TUESDAY								
LUNCH	VEGETABLE KHICHADI	RICE	50.00	182.50	3.40	100.00	345.00	12.10
		TUVER DAL	20.00	67.00	4.40	30.00	111.60	6.60
		POTATO	30.00	29.10	0.48	50.00	48.50	0.82
		TOMATO	20.00	4.00	0.48	25.00	5.00	0.22
		OIL-MASALA	10.00	90.00	0.18	10.00	90.00	0.00
		TOTAL MEAL	130.00	372.60	8.94	215.00	600.10	19.74
BREAKFAST	SUKHADI	WHEAT FLOUR	50.00	170.50	6.05	50.00	170.50	6.05
		JAGGERY	As per req	0.00	0.00	As per req	0.00	0.00
		TOTAL BREAKFAST	50.00	170.50	6.05	50.00	170.50	6.05
		TOTAL	180.00	543.10	14.99	265.00	770.60	25.79
WEDNESDAY								
LUNCH	THEPALA & DUDHI	WHEAT FLOUR	50.00	170.50	6.05	100.00	341.00	12.10
	CHANA DAL	GOURD	30.00	29.10	0.48	50.00	48.50	0.80
		CHANA DAL	20.00	64.60	4.82	30.00	96.90	7.20
		OIL	10.00	90.00	0.00	10.00	90.00	0.00
		MASALA	As per req	0.00	0.00	As per req	0.00	0.00
		TOTAL MEAL	110.00	354.20	11.35	190.00	576.40	20.10
BREAKFAST	MUTHIYA	WHEAT FLOUR	50.00	170.50	6.05	50.00	170.50	6.05
		GOURD	20.00	2.40	0.04	25.00	3.00	0.05
		TOTAL BREAKFAST	70.00	172.90	6.09	75.00	173.50	6.10
		TOTAL	180.00	527.10	17.44	265.00	749.90	26.20



THURSDAY	DAL-DHOKDI	WHEAT FLOUR	100.00	341.00	12.10	150.00	511.50	18.10
		TUVER DAL	20.00	74.40	4.16	30.00	100.50	6.69
		POTATO	15.00	14.50	0.24	25.00	24.20	0.40
		OIL	10.00	90.00	0.00	10.00	90.00	0.00
		TOMATO	15.00	3.00	0.13	30.00	1.20	0.05
		MASALA	As per req	0.00	0.00	As per req	0.00	0.00
		TOTAL MEAL	160.00	522.90	16.63	245.00	727.40	25.24
BREAKFAST	CHANA CHAT	CHANA	20.00	64.60	4.82	20.00	64.60	4.82
		<b>TOTAL</b>	<b>180.00</b>	<b>587.50</b>	<b>21.45</b>	<b>265.00</b>	<b>792.00</b>	<b>30.06</b>
FRIDAY								
LUNCH	VEGETABLE PULAV	RICE	50.00	182.50	3.40	100.00	345.00	12.10
		CHANA DAL	20.00	64.60	4.82	30.00	96.90	7.20
		ONION	15.00	8.85	0.27	25.00	11.80	0.36
		TOMATO	20.00	4.00	0.48	25.00	5.00	0.54
		POTATO	15.00	14.50	0.24	25.00	24.20	0.40
		OIL	10.00	90.00	0.00	10.00	90.00	0.00
		TOTAL MEAL	130.00	364.45	9.21	215.00	572.90	20.60
BREAKFAST	SUKHADI	WHEAT FLOUR	50.00	170.50	6.05	50.00	170.50	6.05
		JAGGERY	As per req	0.00	0.00	As per req	0.00	0.00
		TOTAL BREAKFAST	50.00	170.50	6.05	50.00	170.50	6.05
		<b>TOTAL</b>	<b>180.00</b>	<b>534.95</b>	<b>15.26</b>	<b>265.00</b>	<b>743.40</b>	<b>26.65</b>
SATURDAY								
LUNCH	MUTHIYA	WHEAT FLOUR	100.00	341.00	12.10	150.00	511.50	18.10
		GOURD	20.00	2.40	0.04	40.00	4.80	0.08
		OIL	10.00	90.00	0.00	10.00	90.00	0.00
		MASALA	As per req	0.00	0.00	As per req	0.00	0.00
		TOTAL MEAL	130.00	433.40	12.14	200.00	606.30	18.18
BREAKFAST	MIX PULSES/DAL	DESI CHANA	20.00	64.60	4.82	30.00	96.90	7.20
		ONION	10.00	5.90	0.18	15.00	8.85	0.27
		POTATO	20.00	19.40	0.32	20.00	19.40	0.32
		TOTAL BREAKFAST	50.00	89.90	5.32	65.00	125.15	7.79
		<b>TOTAL</b>	<b>180.00</b>	<b>523.30</b>	<b>17.46</b>	<b>265.00</b>	<b>731.45</b>	<b>25.97</b>

Sum  
9/11  
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