

November'24 menu

Date	Menu	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
18	(whole wheat) Pav bhaji + onion salad + gulab jamun	660	11.2	14.2	4	190
19	Chhole + paratha + salad	607	12.1	13.4	6	260
20	Mix veg idli + sambar + chutney	580	15.6	10.6	4.2	224
21	Rajma rice + buttermilk	590	13.2	11.8	3.6	138
22	Palak paneer + roti + salad	670	12.6	19.6	4	380
23	4th Saturday					
24	Sunday					
25	Biryani + bundi raita	606	11.4	9.2	4	254
26	Uttapam + sambar + chutney	607	12.1	13.4	6	260
27	Sev usal + buns + onion & chutney	620	12.1	15.4	6	260
28	Dal makhani + rice + kopra pak	582	12.2	11.8	3.6	138
29	Roti + chana masala + salad	607	12.1	13.4	6	260
30	Idada chutney	585	10.4	11.8	3.6	138

Recipe of the Month

Badam milk pre-mix

Ingredients

- Almond flour (1 cup) or take about 50 almonds, soak them in warm water for 30-45 mins and de-skin. Let them dry completely and grind into powder
- 4 tsp powdered sugar
- 1/4th tsp elaichi powder
- 1 pinch saffron strands (roast for 10 secs and powder by rubbing with hands)

Instructions

- Mix all the ingredients and store in an air-tight container
- The above pre-mix can be used for 1L of milk
- To make the milkshake: add the premix in mixer with ½ cup warm milk and blend until smooth. Add the remaining milk and stir well