

January'25 Menu

Date	Menu	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
1	Holiday					
2	(whole wheat) Pav bhaji + shira	660	11.2	14.2	4	190
3	Roti + palak paneer subji	670	12.6	19.6	4	380
4	Idada + chutney	585	10.4	11.8	3.6	138
5	Sunday					
6	Biryani + raita	606	11.4	9.2	4	254
7	Sev usal + (whole wheat) buns + chutney	620	12.1	15.4	6	260
8	Mix veg Idli + sambar + chutney	580	15.6	10.6	4.2	224
9	Dal makhani + jeera rice + buttermilk	585	10.4	11.8	3.6	138
10	Roti + methi muttar subji + kopra pak	615	10.4	12.1	5.2	266
11	Red sauce veggie (sooji) pasta	615	10.4	12.1	5.2	266
12	Sunday					
13	Holiday					
14	Holiday					
15	Holiday					
16	Dal tadka + jeera rice + gajar halwa	585	10.4	11.8	3.6	138
17	Roti + chana masala + salad	607	12.1	13.4	6	260
18	(whole wheat) Pizza roll + hot sauce	566	11.2	14.2	4.6	152
19	Sunday					
20	Manchurian + fried rice	614	10.7	17.2	3.9	211
21	Aloo muttar + paratha + onion salad	620	12.3	15.8	3.6	198
22	Mix veg uttapam + sambar + chutney	580	15.6	10.6	4.2	224
23	Panchratna methi dal + jeera rice + papad	585	10.4	11.8	3.6	138
24	Roti + mix veg subji + sweet bundi	615	10.4	12.1	5.2	266
25	4th Saturday					
26	Sunday					
27	Tawa pulao + masala dahi + fryums	606	11.4	9.2	4	254
28	Puna missal + (whole wheat) buns + chutney	620	12.1	15.4	6	260
29	Idli + sambar + chutney	580	15.6	10.6	4.2	224
30	Mexican rice + curry	585	10.4	11.8	3.6	138
31	Hakka noodles + soup + cookie	620	12.4	11.6	5.8	352

Recipe of the month (Winter Special)

Pumpkin Almond Soup

1 cup pumpkin (400 gms)

8-10 almonds

4-5 cloves garlic

1 onion sliced

Salt to taste

Black pepper powder to taste

Slice the onions. Wash and chop the pumpkin. Take garlic cloves and almonds.

In a kadai take 1 tsp oil and add grated garlic and saute for 2 mins. Then add sliced onions and saute for 2-3 mins.

Then add chopped pumpkin and almonds and saute for 5 mins.

Add 1 1/2 - 2 cup water and cover and cook till pumpkin turns soft.

Let the mixture cool. Grind to a smooth paste. Again put in kadai and add salt and black pepper. Add little water to adjust the consistency. Give a boil.

Serve hot. Garnish with almonds.