

June'25 menu

Date	Menu	Energy	Protein	Fat	Iron	Calcium
		(kcal)	(g)	(g)	(mg)	(mg)
9	Whole wheat pav + bhaji + shira	660	11.2	14.2	4	190
10	Chhole + paratha + onion salad	620	12.3	15.8	3.6	198
11	Idli + sambar + chutney	580	15.6	10.6	4.2	224
12	Panchratna dal + jeera rice + aloo wada & chutney	632	12.3	16.5	3	180
13	Roti + paneer tawa masala	670	12.6	19.6	4	380
14	Multi grain hakka noodles + banana	620	12.4	11.6	5.8	352
15	Sunday					
16	Tawa pulao + kadhi	606	11.4	9.2	4	254
17	Aloo muttar rassa + roti + sprouts salad	620	12.3	15.8	3.6	198
18	Mix veg uttapam + sambar + chutney	580	15.6	10.6	4.2	224
19	Pahadi green dal + jeera rice + fryums	607	12.1	13.4	4.1	260
20	Roti + lauki kofta + sweet bundi	628	10.4	14.1	5.2	266
21	Whole wheat pizza roll + fresh sauce	566	11.2	14.2	4.6	152
22	Sunday					
23	Gravy manchurian + fried rice	614	10.7	17.2	3.9	211
24	Sev usal + whole wheat buns + chutney, onion salad	620	12.1	15.4	6	260
25	Mix veg idli + sambar + chutney	580	15.6	10.6	4.2	224
26	Tadka dal + jeera rice + dosa ball & coconut chutney	632	12.3	16.5	3	180
27	Roti + veg kadai subzi + muffin	615	10.4	12.1	5.2	266
28	4th Saturday					
29	Sunday					
30	Masala khichadi + kadhi + fryums	606	11.4	9.2	4	254

Recipe of the month

Summer special – Healthy, Protein-rich Chocolate Ice-cream

- 3/4th cup makhana
- 3/4th cup seedless dates
- ½ cup soaked and peeled almonds
- ½ cup cashews
- 2 tbsp coco powder
- 50g/ 1 bar melted chocolate
- 2 cups milk

Heat the milk till luke warm, soak cashews, peeled almonds, makhana and dates for about 1 hour.

Churn everything in mixer till smooth consistency (idli batter like consistency). You may add more milk to adjust the thickness.

In the end add coco powder, melted chocolate and mix well.

Keep in freezer in air tight container for 6-8 hours.