

OFFICE OF CDM & PHO ,PURI
FORM F-3
General dry Food @ Rs.75/-

Day	Breakfast				Lunch				Dinner						
	Bread & Milk	Sl.no	Ingredients	Amount	Cost	Bread & banana	Sl.no	Ingredients	Amount	Cost	Bread & Milk	Sl.no	Ingredients	Amount	Cost
Sunday	Bread & Milk	1	Bread	125g		Bread & banana	1	Bread	125g		Bread & Milk	1	Bread	125g	
		2	Milk	500ml			2	Banana	2nos			2	Milk	500ml	
		3					3					3			
		Total							Total						
Monday	Bread & Milk	1	Bread	125g		Bread & banana	1	Bread	125g		Bread & Milk	1	Bread	125g	
		2	Milk	500ml			2	Banana	2nos			2	Milk	500ml	
		3					3					3			
		Total							Total						
Tuesday	Bread & Milk	1	Bread	125g		Bread & banana	1	Bread	125g		Bread & Milk	1	Bread	125g	
		2	Milk	500ml			2	Banana	2nos			2	Milk	500ml	
		3					3					3			
		Total							Total						
Wednesday	Bread & Milk	1	Bread	125g		Bread & banana	1	Bread	125g		Bread & Milk	1	Bread	125g	
		2	Milk	500ml			2	Banana	2nos			2	Milk	500ml	
		3					3					3			
		Total							Total						
Thursday	Bread & Milk	1	Bread	125g		Bread & banana	1	Bread	125g		Bread & Milk	1	Bread	125g	
		2	Milk	500ml			2	Banana	2nos			2	Milk	500ml	
		3					3					3			
		Total							Total						

Friday	Bread & Milk	Sl.no	Ingredients	Amount	Cost	Bread & banana	Sl.no	Ingredients	Amount	Cost	Bread & Milk	1	Bread	125g	
		1	Bread	125g			1	Bread	125g			2	Milk	500ml	
		2	Milk	500ml			2	Banana	2nos			3			
		3					3								
		Total						Total						Total	
Saturday	Bread & Milk	Sl.no	Ingredients	Amount	Cost	Bread & banana	Sl.no	Ingredients	Amount	Cost	Bread & Milk	1	Bread	125g	
		1	Bread	125g			1	Bread	125g			2	Milk	500ml	
		2	Milk	500ml			2	Banana	2nos			3			
		3					3								
		Total						Total						Total	

NOTE:- Above mentioned items can be resuffed or changed keeping in view the nutrient component and without changing the total cost with due approval of authority.