

OFFICE OF CDM & PHO ,PURI

FORM F-3

General diet @ Rs.85/-

Day	Breakfast				Lunch				Dinner						
	Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost	
Sunday	Veg.Suji uppama with Guguni(815kcal)	1	Suji	125gm		Rice,dal, egg curry with salad(1056kcal)	1	Rice	150gm		Roti-3 pcs, Santula & Milk-500 ml(811kcal)	1	Wheat flour	100gm	
		2	Oil	10ml			2	Dal	50gm			2	Milk	500ml	
		3	Potato	20gm			3	oil	15ml			3	Potato	50gm	
		4	Tomato	35gm			4	egg	2 pcs			4	Tomato	25gm	
		5	Carrot	20gm			5	Tomato	70gm			5	Pumpkin	50gm	
		6	Onion	20gm			6	Onion	60gm			6	Beans	25gm	
		7	Groundnuts	10gm			7	Cucumber	30gm			7	Other Veg	50gm	
		8	Motor	50gm			8	Add spices				8	oil	5ml	
		9	Add spices				9					9	Add spices		
		Total				Total				Total					
Monday	Veg.Chudda uppama with Dalma(745kcal)	1	Chudda	125gm		Rice,Dal, Soyabea n curry,Ve g fry(996kcal)	1	Rice	150gm		Roti-3 pcs,Mix Veg. Curry & Milk-500 ml(846kcal)	1	Wheat flour	100gm	
		2	Oil	15ml			2	Dal	50gm			2	Milk	500ml	
		3	Potato	40gm			3	oil	15ml			3	Buta Dali	25gm	
		4	Tomato	55gm			4	Soyabean	25gm			4	Potato	50gm	
		5	Carrot	20gm			5	onion	100gm			5	Tomato	10gm	
		6	Onion	30gm			6	Tomato	100gm			6	Pumpkin	50gm	
		7	Groundnuts	10gm			7	Potato	50gm			7	Other veg	50gm	
		8	Other veg	30gm			8	Other veg.	30gm			8	Oil	5ml	
		9	Pumpkin	25gm			9	Beans	50gm			9	Add spices		
		10	Harad Dal	25gm			10	Add spices				10			
		11	Add spices			11				11					
	Total				Total				Total						

2682 kcal

2587 kcal

Tuesday	Bread, Jam, fruits, egg-2(720kcal)	Sl.no	Ingredients	Amount	Cost	Rice, Dal, cabbage fry with tomato khata(1099kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Dalma & Milk-500ml(850kcal)	Sl.no	Ingredients	Amount	Cost	2669 kcal				
		1	Bread	1pc			1	Rice	150gm			1	Wheat flour	100gm						
		2	Jam	1pc			2	Dal	50gm			2	Milk	500ml						
		3	Egg	2pcs			3	oil	15ml			3	Dal	25gm						
		4	Fruit	200gm			4	Cabbage	200gm			4	Oil	5ml						
		5					5	Onion	50gm			5	onion	10gm						
		6					6	Tomato	150gm			6	Potato	20gm						
		7					7	Potato	50gm			7	Pumpkin	20gm						
		8					8	Sugar	5gm			8	Tomato	25gm						
		9					9	Add spices				9	Other veg	30gm						
		10					10					10	Add spices							
		11					11					11								
		12					12					12								
		13					13					13								
Total					Total					Total										
Wednesday	Idli with Guguni(830kcal)	Sl.no	Ingredients	Amount	Cost	Rice, dal, egg curry with salad(1056kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Santula & Milk-500ml(811kcal)	Sl.no	Ingredients	Amount	Cost	2697 kcal				
		1	Rice	125gm			1	Rice	150gm			1	Wheat flour	100gm						
		2	Urad dal	25gm			2	Dal	50gm			2	Milk	500ml						
		3	Tomato	35gm			3	oil	15ml			3	Potato	50gm						
		4	Onion	20gm			4	egg	2 pcs			4	Tomato	25gm						
		5	Oil	10ml			5	Tomato	70gm			5	Pumpkin	50gm						
		6	Motor	50gm			6	Onion	60gm			6	Beans	25gm						
		7	Add spices				7	Cucumber	30gm			7	Other Veg	50gm						
		8					8	Add spices				8	oil	5ml						
		9					9					9	Add spices							
		10					10					10								
		11					11					11								
		Total						Total						Total						

Thursday	Veg.Chudda uppama with Dalma(745kcal)	Sl.no	Ingredients	Amount	Cost	Rice,Dal, Soyabea n curry,Ve g fry(996k cal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs,Mix Veg. Curry & Milk- 500 ml(846k cal)	Sl.no	Ingredients	Amount	Cost	2587 kcal
		1	Chudda	125gm			1	Rice	150gm			1	Wheat flour	100gm		
		2	Oil	15ml			2	Dal	50gm			2	Milk	500ml		
		3	Potato	40gm			3	oil	15ml			3	Buta Dali	25gm		
		4	Tomato	55gm			4	Soyabean	25gm			4	Potato	50gm		
		5	Carrot	20gm			5	onion	100gm			5	Tomato	10gm		
		6	Onion	30gm			6	Tomato	100gm			6	Pumpkin	50gm		
		7	Groundnuts	10gm			7	Potato	50gm			7	Other veg	50gm		
		8	Other veg	30gm			8	Other veg.	30gm			8	Oil	5ml		
		9	Pumpkin	25gm			9	Beans	50gm			9	Add spices			
		10	Harad Dal	25gm			10	Add spices				10				
		11	Add spices				11					11				
	Total				Total				Total							
Friday	Idli with Guguni(830kcal)	Sl.no	Ingredients	Amount	Cost	Rice,dal, egg curry with salad(10 56kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Santula & Milk- 500 ml(811k cal)	Sl.no	Ingredients	Amount	Cost	2697 kcal
		1	Rice	125gm			1	Rice	150gm			1	Wheat flour	100gm		
		2	Urad dal	25gm			2	Dal	50gm			2	Milk	500ml		
		3	Tomato	35gm			3	oil	15ml			3	Potato	50gm		
		4	Onion	20gm			4	egg	2 pcs			4	Tomato	25gm		
		5	Oil	10ml			5	Tomato	70gm			5	Pumpkin	50gm		
		6	Motor	50gm			6	Onion	60gm			6	Beans	25gm		
		7	Add spices				7	Cucumber	30gm			7	Other Veg	50gm		
		8					8	Add spices				8	oil	5ml		
		9					9					9	Add spices			
		10					10					10				
		11					11					11				
	Total				Total				Total							

		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost	
Saturday	Bread, Jam, fruits, egg-2(720kcal)	1	Bread	1pc		Rice, Dal, cabbage fry with tomato khata(1099kcal)	1	Rice	150gm		Roti-3 pcs, Dal ma & Milk-500ml(850kcal)	1	Wheat flour	100gm		2669 kcal
		2	Jam	1pc			2	Dal	50gm			2	Milk	500ml		
		3	Egg	2pcs			3	oil	15ml			3	Dal	25gm		
		4	Fruit(Banana, Orange, or Apple)	200gm			4	Cabbage	200gm			4	Oil	5ml		
		5					5	Onion	50gm			5	onion	10gm		
		6					6	Tomato	150gm			6	Potato	20gm		
		7					7	Potato	50gm			7	Pumpkin	20gm		
		8					8	Sugar	5gm			8	Tomato	25gm		
		9					9	Add spices				9	Other veg	30gm		
		10					10					10	Add spices			
			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.