

OFFICE OF CDM & PHO ,PURI

FORM F-3

Pediatric Diet @ Rs.75/-

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 (539kcal)	1	Suji	60gm		Rice,dal,egg curry with salad (679kcal)	1	Rice	70gm		Roti-3 pcs, Santula & Milk-500 ml (605kcal)	1	Wheat flour	50gm		1868kcal
		2	Oil	15ml			2	Dal	50gm			2	Milk	500ml		
		3	Potato	10gm			3	oil	15ml			3	Potato	25gm		
		4	Tomato	15gm			4	egg	1pc			4	Tomato	15gm		
		5	Carrot	10gm			5	Tomato	35gm			5	Pumpkin	25gm		
		6	Onion	10gm			6	Onion	30gm			6	Beans	25gm		
		7	Groundnuts	5gm			7	Cucumber	30gm			7	Other Veg	50gm		
		8	Motor	25gm			8	Add spices				8	oil	10ml		
		9	Add spices				9					9	Add spices			
		<b>Total</b>					<b>Total</b>					<b>Total</b>				
Monday	Veg.Chudda uppama with Dalma (516kcal)	1	Chudda	60gm		Rice,Dal,Soyabean curry,Veg fry(676kcal)	1	Rice	70gm		Roti-3 pcs,Mix Veg. Curry & Milk-500 ml (645kcal)	1	Wheat flour	50gm		1882kcal
		2	Oil	15ml			2	Dal	50gm			2	Milk	500ml		
		3	Potato	20gm			3	oil	15ml			3	Buta Dali	15gm		
		4	Tomato	25gm			4	Soyabean	15gm			4	Potato	30gm		
		5	Carrot	10gm			5	onion	50gm			5	Tomato	10gm		
		6	Onion	15gm			6	Tomato	50gm			6	Pumpkin	30gm		
		7	Groundnuts	5gm			7	Potato	25gm			7	Other veg	30gm		
		8	Other veg	15gm			8	Other veg.	15gm			8	Oil	10ml		
		9	Pumpkin	15gm			9	Beans	25gm			9	Add spices			
		10	Harad Dal	20gm			10	Add spices				10				
	11	Add spices			11				11							
	<b>Total</b>					<b>Total</b>					<b>Total</b>					

Tuesday	Bread, Jam, fruits, egg (550kcal)	Sl.no	Ingredients	Amount	Cost	Rice, Dal, cabbage fry with tomato khata (682kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Mix Veg. Curry & Milk-500 ml (645kcal)	Sl.no	Ingredients	Amount	Cost	1877kcal
		1	Bread	1pc			1	Rice	70gm			1	Wheat flour	50gm		
		2	Jam	1pc			2	Dal	50gm			2	Milk	500ml		
		3	Egg	1			3	oil	15ml			3	Buta Dali	15gm		
		4	Fruit(Banana, Orange, or Apple)	200gm			4	Cabbage	100gm			4	Potato	30gm		
		5					5	Onion	50gm			5	Tomato	10gm		
		6					6	Tomato	75gm			6	Pumpkin	30gm		
		7					7	Potato	50gm			7	Other veg	30gm		
		8					8	Sugar	5gm			8	Oil	5ml		
		9					9	Add spices				9	Add spices			
		10					10					10				
	<b>Total</b>				<b>Total</b>				<b>Total</b>							
Wednesday	Idli with Guguni (541kcal)	Sl.no	Ingredients	Amount	Cost	Rice, dal, egg curry with salad (679kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Santula & Milk-500 ml (605kcal)	Sl.no	Ingredients	Amount	Cost	1870kcal
		1	Rice	60gm			1	Rice	70gm			1	Wheat flour	50gm		
		2	Urad dal	15gm			2	Dal	50gm			2	Milk	500ml		
		3	Tomato	15gm			3	oil	15ml			3	Potato	25gm		
		4	Onion	10gm			4	egg	1pc			4	Tomato	15gm		
		5	Oil	15ml			5	Tomato	35gm			5	Pumpkin	25gm		
		6	Motor	25gm			6	Onion	30gm			6	Beans	25gm		
		7	Add spices				7	Cucumber	30gm			7	Other Veg	50gm		
		8					8	Add spices				8	oil	10ml		
		9					9					9	Add spices			
		10					10					10				
	<b>Total</b>				<b>Total</b>				<b>Total</b>							

Thursday	Veg.Chud da uppama with Dalma (516kcal)	Sl.no	Ingredients	Amount	Cost	Rice,Dal,S oyabean curry,Veg fry (676kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs,Mix Veg. Curry & Milk-500 ml (645kcal )	Sl.no	Ingredients	Amount	Cost	1882kcal
		1	Chudda	60gm			1	Rice	70gm			1	Wheat flour	50gm		
		2	Oil	15ml			2	Dal	50gm			2	Milk	500ml		
		3	Potato	20gm			3	oil	15ml			3	Buta Dali	15gm		
		4	Tomato	25gm			4	Soyabean	15gm			4	Potato	30gm		
		5	Carrot	10gm			5	onion	50gm			5	Tomato	10gm		
		6	Onion	15gm			6	Tomato	50gm			6	Pumpkin	30gm		
		7	Groundnuts	5gm			7	Potato	25gm			7	Other veg	30gm		
		8	Other veg	15gm			8	Other veg.	15gm			8	Oil	10ml		
		9	Pumpkin	15gm			9	Beans	25gm			9	Add spices			
		10	Harad Dal	20gm			10	Add spices				10				
		11	Add spices				11					11				
9	Add spices			12				9								
	<b>Total</b>				<b>Total</b>				<b>Total</b>							
Friday	Idli with Guguni (541kcal)	Sl.no	Ingredients	Amount	Cost	Rice,dal,e gg curry with salad (679kcal)	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs,Dal ma & Milk- 500ml (642kcal )	Sl.no	Ingredients	Amount	Cost	1862kcal
		1	Rice	60gm			1	RICE	70gm			1	wheat	50gm		
		2	Urad dal	15gm			2	Dal	50gm			2	Milk	500ml		
		3	Tomato	15gm			3	oil	15ml			3	Dal	15gm		
		4	Onion	10gm			4	egg	1pc			4	Oil	5ml		
		5	Oil	15ml			5	Tomato	35gm			5	onion	10gm		
		6	Motor	25gm			6	Onion	30gm			6	Potato	20gm		
		7	Add spices				7	Cucumber	30gm			7	Pumpkin	20gm		
		8					8	Add spices				8	Tomato	25gm		
		9					9					9	Other veg	30gm		
		10					10					10	Add spices			
		11					11					11				
	<b>Total</b>				<b>Total</b>				<b>Total</b>							

		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost		Sl.no	Ingredients	Amount	Cost	
Saturday	Bread, Jam, fruits, egg (550kcal)	1	Bread	1pc		Rice, Dal, cabbage fry with tomato khata (682kcal)	1	Rice	70gm		Roti-3 pcs, Mix Veg. Curry & Milk-500 ml (645kcal)	1	Wheat flour	50gm		1877kcal
		2	Jam	1pc			2	Dal	50gm			2	Milk	500ml		
		3	Egg	1			3	oil	15ml			3	Buta Dali	15gm		
		4	Fruit(Banana, Orange, or Apple)	200gm			4	Cabbage	100gm			4	Potato	30gm		
		5					5	Onion	50gm			5	Tomato	10gm		
		6					6	Tomato	75gm			6	Pumpkin	30gm		
		7					7	Potato	50gm			7	Other veg	30gm		
		8					8	Sugar	5gm			8	Oil	5ml		
		9					9	Add spices				9	Add spices			
		10					10					10				
				<b>Total</b>					<b>Total</b>					<b>Total</b>		

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