

OFFICE OF CDM & PHO ,PURI

FORM F-3

TB/Burn/Cancer Patient @ Rs.95/-

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 with paneer	1	Suji	125gm		Rice,dal, egg curry with salad	1	Rice	150gm		Roti-3 pcs, Santula & Milk- 500 ml	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	Paneer	50gm			9					9	Add spices		
		10	Add spices												
		Total					Total					Total			
Monday	Veg.Chud da uppama with Dalma with paneer	1	Chudda	125gm		Rice,Dal, Soyabea n curry,Ve g fry	1	Rice	150gm		Roti-3 pcs,Mix Veg. Curry & Milk- 500 ml	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	Cabage	200gm			7	Other veg	50gm	
		8	Other veg	30gm			8	Potato	50gm			8	Oil	5ml	
		9	Pumpkin	25gm			9	Other veg.	30gm			9	Add spices		
		10	Paneer	50gm											
		11	Harad Dal	25gm			10	Beans	50gm			10			
		12	Add spices				11	Add spices				11			
		Total					Total					Total			

Tuesday	Bread, Jam, fruits with Egg	Sl.no	Ingredients	Amount	Cost	Rice, Dal, cabbage fry with tomato khata	Sl.no			Cost	Roti-3 pcs, Dal ma & Milk-500ml	Sl.no	Ingredients	Amount	Cost
		1	Bread	1pc			1	Rice	150gm			1	Wheat flour	100gm	
		2	Jam	1pc			2	Dal	50gm			2	Milk	500ml	
		3	Egg	4pcs			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		
		11					11					11			
		12					12					12			
		13					13					13			
		Total				Total				Total					
Wednesday	Idli with Guguni with Egg	Sl.no	Ingredients	Amount	Cost	Rice, dal, egg curry with salad	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Santula & Milk-500 ml	Sl.no	Ingredients	Amount	Cost
		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	Carrot	20gm			4	egg	2 pcs			4	Tomato	25gm	
		5	Onion	20gm			5	Tomato	70gm			5	Pumpkin	50gm	
		6	Oil	10ml			6	Onion	60gm			6	Beans	25gm	
		7	Motor	50gm			7	Cucumber	30gm			7	Other Veg	50gm	
		8	Egg	2pcs			8	Add spices				8	oil	5ml	
		9	Add spices				9					9	Add spices		
		10					10					10			
		11					11					11			
		Total				Total				Total					

Thursday	Veg.Chuuda Uppama, Dalma with Paneer	Sl.n	Ingredients	Amount	Cost	Rice,Dal, Soyabea n curry,Ve g fry	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs,Mix Veg. Curry & Milk-500 ml	Sl.no	Ingredients	Amount	Cost
		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	Cabage	200gm			7	Other veg	50gm	
		8	Other veg	30gm			8	Potato	50gm			8	Oil	5ml	
		9	Pumpkin	25gm			9	Other veg.	30gm			9	Add spices		
		11	Paneer	50gm											
		12	Add spices				11	Add spices				11			
		9	Add spices				12					9			
			Total					Total					Total		
Friday	Idli with Guguni with egg	Sl.no	Ingredients	Amount	Cost	Rice,dal, egg curry with salad	Sl.no	Ingredients	Amount	Cost	Roti-3 pcs, Santula & Milk-500 ml	Sl.no	Ingredients	Amount	Cost
		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	Carrot	20gm			4	egg	2 pcs			4	Tomato	25gm	
		5	Onion	20gm			5	Tomato	70gm			5	Pumpkin	50gm	
		6	Oil	10ml			6	Onion	60gm			6	Beans	25gm	
		7	Motor	50gm			7	Cucumber	30gm			7	Other Veg	50gm	
		8	Add spices				8	Add spices				8	oil	5ml	
		9	Egg	2pcs			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	1	Bread		1pc		Rice, Dal, cabbage fry with tomato khata	1		Rice	150gm		Roti-3 pcs, Dal ma & Milk-500ml	
2	Jam			1pc		2	Dal	50gm			2	Milk	500ml			
3	Egg			4pcs		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					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.