

DIET PLAN FOR THE MONTH OF JULY- 2019 (A.Y.2019-20)

DATE	DAY	ITEM	VEGETABLES	CEREALS / PULSES
1/7/2017	MONDAY	CABBAGE-POTATO VEG., ROTI,DAL,RICE	CABBAGE,POTATO,TOMATO	WHEAT, RICE, RED GRAM DAL
2/7/2017	TUESDAY	SABJI DAL, RICE, FRYUMS	MIX VEG.	RICE, RED GRAM DAL
3/7/2017	WEDNESDAY	VEG KHICHADI,KADHI,SALAD	MIX VEG,CURRY LEAVES	RICE,CHIK-PEA FLOUR
4/7/2017	THURSDAY	GRAVY MOONG,ROTI,RICE	-----	WHEAT,MOONG,RICE,RED GRAM DAL
5/7/2017	FRIDAY	BRINJAL-POTATO VEG., ROTI, RICE, DAL	BRINJAL,POTATO	RICE, WHEAT
6/7/2017	SATURDAY	VEG. BIRYANI, KADHI, FRYUMS	MIX VEG.	RICE
7/7/2017	SUNDAY	HOLIDAY		
8/7/2017	MONDAY	DAL DHOKLI, RICE, FRYUMS		
9/7/2017	TUESDAY	LADY-FINGER POTATO VEG,ROTI,RICE,DAL	POTATO,LADY-FINGER	WHEAT,RICE,RED GRAM DAL
10/7/2017	WEDNESDAY	RAJMA VEG,RICE	-----	WHEAT, RICE, RAJMA
11/7/2017	THURSDAY	PUNJABI MIX VEG.,ROTI,RICE,MIX DAL	MIX VEG	WHEAT,RICE,MIX DAL
12/7/2017	FRIDAY	SEV-TOTATO VEG., ROTI, DAL, RICE	SEV, TOTATO	WHEAT, RICE, RED GRAM DAL
13/7/2017	SATURDAY	PAV BHAJI,SALAD	MIX VEG,ONION,TOMATO	----
14/7/2017	SUNDAY	HOLIDAY		
15/7/2017	MONDAY	DUM ALOO VEG., ROTI, DAL RICE	----	DRY TUVER,WHEAT,RICE
16/7/2017	TUESDAY	VEG. MASALA PULAV,RAJASTHANI KADHI	MIX VEG,CURRY LEAVES	RICE,CHIK PEA FLOUR
17/7/2017	WEDNESDAY	POTATO PARATHA,SWEET CURD	POTATO	WHEAT
18/7/2017	THURSDAY	BLACK BENGAL GRAM, ROTI, , RICE		
19/7/2017	FRIDAY	PALAK PANEER VEG,ROTI,MIX DAL,RICE	-----	RICE, MIX DAL,WHEAT
20/7/2017	SATURDAY	DAL FRY,JEERA RICE,FRYUMS	ONION,TOMATO	RICE, RED GRAM DAL
21/7/2017	SUNDAY	HOLIDAY		
22/7/2017	MONDAY	GRAVY TUVER VEG,ROTI,RICE		
23/7/2017	TUESDAY	RAGDA PATTICE,SALAD	ONION, TOMATO, POTATO	DRY PEAS, CORN FLOUR
24/7/2017	WEDNESDAY	BESAN GATTA VEG.,RAJASTHANI KADHI,ROTI,RICE	CURRY LEAVES	CHIK PEA FLOUR,WHEAT,RICE
25/7/2017	THURSDAY	GHILODA POTATO VEG,ROTI,DAL,RICE	GHILODA,POTATO	WHEAT,RED GRAM DAL,RICE
26/7/2017	FRIDAY	CHOLE PURI,SALAD,BUTTERMILK	TOMATO,ONION	CHIK PEA, WHEAT
27/7/2017	SATURDAY	GRAVY MASOOR VEG,ROTI,RICE	-----	MASOOR,WHEAT,RICE
28/7/2017	SUNDAY	HOLIDAY		
29/7/2017	MONDAY	DAL TADKA,JEERA RICE,FRYUMS	ONION,TOMATO	RICE, RED GRAM DAL
30/7/2017	TUESDAY	IDLI,SAMBHAR,CHUTNEY	DRUMSTICK,CURRY LEAVES	COCONUT,DALIYA,RED GRAM DAL
31/7/2017	WEDNESDAY	RAJASTHANI DAL BATI,SALAD,GARLIC CHUTNEY	GARLIC,TOMATO,ONION	MIX DAL,WHEAT

Important Note: **Jain version** of all the food items given above is available.

- 1.Please send healthy snacks from home like fruits, poha, upama, salads or sprouts etc for Fruit break.
- 2.Any Junk food / Dry snacks sent in the Tiffin will be sent back.
- 3.Please send one napkin and handkerchief daily.
- 4.Kindly keep a copy of this menu in your kitchen to avoid repetition of the same menu during dinner.
- 5.The management reserves the right to alter the menu at any time.