

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

DATE	DAY	ITEM	VEGETABLES	CEREALS / PULSES
1/8/2019	THURSDAY	DAL-BATI,SALAD,GARLIC CHUTNEY	GARLIC,TOMATO,ONION	MIX DAL,WHEAT
2/8/2019	FRIDAY	BLACK HORSE VEG,ROTI,KADI,RICE	ONION,TOMATO,CURRY LEAVES	RICE,WHEAT,BLACK HORSE
3/8/2019	SATURDAY	VEG KHICHADI,KADHI,FRYUMS	MIX VEG,CURRY LEAVES	RICE,CHIK-PEA FLOUR
4/8/2019	SUNDAY	HOLIDAY		
5/8/2019	MONDAY	POTATO-TOMATO VEG,ROTI,DAL-FRY,JEERA -RICE, SUJIHALWA	POTATO,TOMATO,	RICE, WHEAT,SUJI
6/8/2019	TUESDAY	DAL TADKA, JEERA RICE,FRYUMS	ONION,TOMATO	RICE,RED GRAM DAL
7/8/2019	WEDNESDAY	BOTTLE GUARD CHIK-PEA VEG,ROTI,RICE	BOTTLE GUARD,ONION,TOMATO	RICE,WHEAT,CHIK PEA
8/8/2019	THURSDAY	CHOLE ,PURI, BUTTER MILK	TOMATO,ONION	CHOLE, WHEAT
9/8/2019	FRIDAY	GRAVY MOONG,ROTI,RICE	ONION,TOMATO	MOONG, RICE,WHEAT
10/8/2019	SATURDAY	CABBAGE-POTATO VEG.,ROTI,DAL,RICE	ONION,TOMATO, CABBAGE,	MOONG, RICE,WHEAT
11/8/2019	SUNDAY	HOLIDAY		
12/8/2019	MONDAY	BAKRI-EID - HOLIDAY		
13/8/2019	TUESDAY	FENUGREEK THEPLA,CUCUMBER RAITA	FENUGREEK,CUCUMBER	WHEAT
14/8/2019	WEDNESDAY	GHILODA-POTATO VEG,ROTI,DAL,RICE	GHILODA,POTATO	WHEAT,RED GRAM DAL,RICE
15/8/2019	THURSDAY	INDEPENDENCE DAY CELEBRATION / RAKSHABANDHAN		
16/8/2019	FRIDAY	BROKEN WHEAT,KADHI,BUTTER MILK	CURRY LEAVES	BROKEN WHEAT,CHIK-PEA FLOUR
17/8/2019	SATURDAY	PATETI - HOLIDAY		
18/8/2019	SUNDAY	HOLIDAY		
19/8/2019	MONDAY	CHINESE BHEL , SOUP	CABBAGE,CAPSICUM,CARROT	CORN FLOUR
20/8/2019	TUESDAY	GRAVY MASOOR,ROTI,RICE	ONION,TOMATO	MASOOR,RICE,WHEAT
21/8/2019	WEDNESDAY	LADY-FINGER-POTATO VEG,ROTI,RICE,DAL	POTATO,LADY-FINGER	WHEAT,RICE,RED GRAM DAL
22/8/2019	THURSDAY	RAGDA PATTICE , SALAD	ONION,TOMATO,POTATO	CORN FLOUR
23/8/2019	FRIDAY	DUM ALOO VEG,BHAKRI,MASALA RICE,	POTATO	WHEAT, RICE
24/8/2019	SATURDAY	HOLIDAY - JANMASHTAMI		
25/8/2019	SUNDAY	HOLIDAY		
26/8/2019	MONDAY	SEV TOMATO VEG, ROTI,DAL,RICE	TOMATO,ONION	WHEAT,RICE,CHIK-PEA FLOUR
27/8/2019	TUESDAY	VEG BIRYANI,RAJASTHANI KADHI,FRYUMS	MIX VEG,CURRY LEAVES	RICE,CHIK-PEA FLOUR
28/8/2019	WEDNESDAY	IDLI,SAMBHAR,CHUTNEY	DRUMSTICK,CURRY LEAVES	COCONUT,DALIYA,RED GRAM DAL
29/8/2019	THURSDAY	ALOO PARATHA, SWEET CURD	POTATO,TOMATO	WHEAT
30/8/2019	FRIDAY	RAJMA-RICE, FRYUMS	ONION,TOMATO	RAJMA,RICE
31/8/2019	SATURDAY	P.T.M.		

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.