



DIET PLAN FOR THE MONTH OF JANUARY – 2020 (A.Y.2019-20)

DATE	DAY	ITEM	VEGETABLES	CEREALS / PULSES
1/01/2020	WEDNESDAY	NEW YEAR - HOLIDAY		
2/01/2020	THURSDAY	BOTTLE GUARD CHIK-PEA VEG,ROTI,RICE	BOTTLE GUARD,ONION,TOMATO	RICE,WHEAT,CHIK PEA
3/01/2020	FRIDAY	CHINESE BHEL , SOUP	CABBAGE,CAPSICUM,CARROT	CORN FLOUR
4/01/2020	SATURDAY	DAL TADKA, JEERA RICE,FRYUMS	ONION,TOMATO	RICE,RED GRAM DAL
5/01/2020	SUNDAY	SUNDAY - HOLIDAY		
6/01/2020	MONDAY	POTATO-TOMATO VEG,ROTI,DAL,RICE	POTATO,TOMATO,	RICE, WHEAT,SUJI
7/01/2020	TUESDAY	GRAVY MOONG,ROTI,RICE	ONION,TOMATO	MOONG, RICE,WHEAT
8/01/2020	WEDNESDAY	CABBAGE-POTATO VEG.,ROTI,DAL,RICE	ONION,TOMATO, CABBAGE,	MOONG, RICE,WHEAT
9/01/2020	THURSDAY	VEG KHICHADI,KADHI,FRYUMS	MIX VEG,CURRY LEAVES	RICE,CHIK-PEA FLOUR
10/01/2020	FRIDAY	CHOLE ,PURI, BUTTER MILK	TOMATO,ONION	CHOLE, WHEAT
11/01/2020	SATURDAY	BLACK HORSE VEG,ROTI,RICE	ONION,TOMATO,CURRY LEAVES	RICE,WHEAT,BLACK HORSE
12/01/2020	SUNDAY	SUNDAY - HOLIDAY		
13/01/2020	MONDAY	FENUGREEK THEPLA, RAITA	FENUGREEK,CUCUMBER	WHEAT
14/01/2020	TUESDAY	 MAKARSANKRANTI - HOLIDAY 		
15/01/2020	WEDNESDAY			
16/01/2020	THURSDAY	BROKEN WHEAT , KADHI,FRYUMS	CURRY LEAVES	BROKEN WHEAT,CHIK-PEA FLOUR
17/01/2020	FRIDAY	DAL-BATI, SALAD, GARLIC CHUTNEY	GARLIC,TOMATO,ONION	MIX DAL,WHEAT
18/01/2020	SATURDAY	SABJI-DAL, RICE, FRYUMS	MIX VEG	REG GRAM DAL, RICE
19/01/2020	SUNDAY	SUNDAY - HOLIDAY		
20/01/2020	MONDAY	GRAVY MASOOR,ROTI,RICE	ONION,TOMATO	MASOOR,RICE,WHEAT
21/01/2020	TUESDAY	RAGDA PATTICE , SALAD	ONION,TOMATO,POTATO	CORN FLOUR
22/01/2020	WEDNESDAY	LADY FINGER-POTATO VEG,ROTI,RICE,DAL	POTATO,LADY-FINGER	WHEAT,RICE,RED GRAM DAL
23/01/2020	THURSDAY	RAJMA-RICE, FRYUMS	ONION,TOMATO	RAJMA,RICE
24/01/2020	FRIDAY	PALAK PANEER VEG,ROTI,MIX DAL,RICE	-----	RICE, MIX DAL,WHEAT
25/01/2020	SATURDAY	GHILODA-POTATO VEG,ROTI,DAL,RICE	GHILODA,POTATO	WHEAT,RED GRAM DAL,RICE
26/01/2020	SUNDAY	REPUBLIC DAY CELEBRATION		
27/01/2020	MONDAY	HOLIDAY		
28/01/2020	TUESDAY	ALOO PARATHA, SWEET CURD	POTATO,TOMATO	WHEAT
29/01/2020	WEDNESDAY	IDLI,SAMBHAR,CHUTNEY	DRUMSTICK,CURRY LEAVES	COCONUT,DALIYA,RED GRAM DAL
30/01/2020	THURSDAY	SUKHI-BHAJI VEG., ROTI, BUTTER MILK	POTATO	WHEAT, RICE
31/01/2020	FRIDAY	SEV TOMATO VEG, ROTI,DAL,RICE	TOMATO,ONION	WHEAT,RICE,CHIK-PEA FLOUR

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.