



MENU PLAN FOR THE MONTH OF FEBRUARY'20



DATE	DAY	MENU	NUTRITION
1-FEB	SAT	Rajma Rice	<i>Rich in protiens and vitamins</i>
3-FEB	MON	Aloo Matar With Chappati	<i>Rich in vitamins and carbohydrates</i>
4-FEB	TUE	Idli Sambhar	<i>Rich in vitamins,calcium and dietry fibers</i>
5-FEB	WED	Aloo Paratha With Curd	<i>Rich in calcium and protiens</i>
6-FEB	THU	Channa Dal With Chappati	<i>Rich in iron,vitamins and folic acid</i>
7-FEB	FRI	Veg Pasta	<i>Rich in vitamins and minerals</i>
10-FEB	MON	Chhole Rice With Cream Biscuit	<i>Rich in iron,zinc and protiens</i>
11-FEB	TUE	Dal Makhani With Chappati	<i>Rich in pottasium,zinc and folate</i>
12-FEB	WED	Rajma Rice	<i>Rich in protiens and minerals</i>
13-FEB	THU	Veg Vermicilli With Frymes	<i>Rich in protiens and vitamins</i>
14-FEB	FRI	Chhole Kulche With Salad	<i>Rich in iron and zinc</i>
15-FEB	SAT	Aloo Puri With Pickle	<i>Rich in carbohydrates</i>
17-FEB	MON	Kadhi Rice	<i>Rich in calcium and protiens</i>
18-FEB	TUE	Veg Chowmein	<i>Rich in vitamins and minerals</i>
19-FEB	WED	Veg Pulav With Curd	<i>Rich in vitamins,minerals and calcium</i>
20-FEB	THU	Aloo Nutrella With Chappati	<i>Rich in vitamins,protiens and carbohydrates</i>
24-FEB	MON	Veg Pasta	<i>Rich in vitamins and minerals</i>
25-FEB	TUE	Channa dal With Chappati	<i>Rich in iron,vitamins and folic acid</i>
26-FEB	WED	Pav Bhaji With Salad	<i>Rich in vitamins and minerals</i>
27-FEB	THU	Aloo Paratha With Curd	<i>Rich in calcium and protiens</i>
28-FEB	FRI	Veg Macroni	<i>Rich in protiens and vitamins</i>
2-MAR	MON	Rajma Rice	<i>Rich in protiens and carbohydrates</i>
3-MAR	TUE	Veg Vermicilli With Frymes	<i>Rich in protiens and vitamins</i>
4-MAR	WED	Black Eyed Bean with Chappati	<i>Rich in protiens and vitamins</i>
5-MAR	THU	Aloo NutrellaWith Chappati	<i>Rich in vitamins,protiens and carbohydrates</i>
6-MAR	FRI	Chhole Rice With Salad	<i>Rich in iron. zinc and minerals</i>