

Revised menu for providing nutrition in all ICDS Projects with 4 categories of main meal and morning snacks

Name of item	Ingredients	Rate	Normal children @ Rs. 13/-				Pregnant/Nursing mothers @ Rs. 15/-				Malnourished children @ Rs. 19/-			
			Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein
<b>Morning Snacks</b>														
	Egg	6/-	1	6	70	6					1	6/-	70	6
<b>Main Meal</b>														
Sambar Rice	Rice	5.65/-	60gm	0.339	259	4.08	80gm	0.452	276	5.44	100gm	0.565	395	6.8
	Sambar Dal	98/-	30gm	2.9	107	3.8	45gm	4.4	190	5.6	50gm	4.9	210	6.3
	Onion	45/-	10gm	0.45	5	-	15gm	0.675	7.5	-	15gm	0.675	7.5	-
	Potato	30/-	15gm	0.50	16	-	25gm	0.750	17.5	-	30gm	0.900	29	-
	Fortified oil	119/-	5gm	0.595	45	-	5gm	0.595	45	-	10gm	1.19	90	-
	Fortified salt	38/-	2gm	0.07	-	-	2gm	0.07	-	-	2gm	0.07	-	-
	Others:-													
	Turmeric powder, sambar powder, cumin seed, vimbar, match box			1/-				1/-				2/-		
	Micronutrients	13/-	2gm	0.55			2gm	0.55			2gm	0.55		
	Fuel charge	1		1/-				1/-				1/-		
Transportation	0.10		0.10				0.10				0.10			
Egg						1	6		70	6				
<b>Total</b>				<b>Rs. 13.50/-</b>	<b>502</b>	<b>14</b>		<b>Rs. 15.50/-</b>	<b>606</b>	<b>17</b>		<b>Rs. 18/-</b>	<b>802</b>	<b>19</b>

Name of item	Ingredients	Rate	Normal children @ Rs. 13/-				Pregnant/Nursing mothers @ Rs. 15/-				Malnourished children @ Rs. 19/-			
			Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein
<b>Morning Snacks</b>														
	Green Gram (whole)	82/-	25gm	2.05	83.5	6					40gm	3.280	133.60	9.6
<b>Main Meal</b>														
Rihidi	Rice	5.65/-	60gm	0.339	259	4.08	100gm	0.565	395	5.44	100gm	0.565	395	6.8
	Sambar Dal	98/-	30gm	2.9	107	3.8	80gm	7.8	210	5.6	50gm	4.9	210	6.3
	Onion	45/-	10gm	0.45	5	-	20gm	0.900	7.5	-	15gm	0.675	7.5	-
	Potato	30/-	15gm	0.50	16	-	30gm	0.900	29	-	30gm	0.900	29	-
	Fortified oil	119/-	5gm	0.595	45	-	10gm	1.19	90	-	10gm	1.19	90	-
	Fortified salt	38/-	2gm	0.07	-	-	2gm	0.07	-	-	2gm	0.07	-	-
	Others:-													
	Turmeric powder, sambar powder, cumin seed, vimbar, match box			1/-				1/-				2/-		
	Micronutrients	13/-	2gm	0.55			2gm	0.55			2gm	0.55		
	Fuel charge	1		1/-				1/-				1/-		
Transportation	0.10		0.10				0.10				0.10			
<b>Total</b>				<b>Rs. 13.50/-</b>	<b>502</b>	<b>14</b>		<b>Rs. 14.08/-</b>	<b>606</b>	<b>17</b>		<b>Rs. 18/-</b>	<b>802</b>	<b>19</b>

Name of item	Ingredients	Rate @	Normal children @ Rs. 13/-				Pregnant/Nursing mothers @ Rs. 15/-				Malnourished children @ Rs. 19/-			
			Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein
<b>Morning Snacks</b>														
	Egg	6/-	1/-	6/-	70	6					1	6/-	70	6
<b>Main Meal</b>														
Rajma Rice	Rajma	130/-	30g m	3.9	259	4.08	80g m	0.452	276	5.44	100g m	0.565	395	6.8
	Rice	5.65/-	60g m	0.339	107	3.8	45g m	4.4	190	5.6	50g m	4.9	210	6.3
	Fortified Oil	119/-	7gm	0.833	5	-	15g m	0.675	7.5	-	15g m	0.675	7.5	-
	Fortified Salt	38/-	2gm	0.07	16	-	25g m	0.750	17.5	-	30g m	0.900	29	-
	Micronutrients	13/-	2gm	0.55	45	-	5gm	0.595	45	-	10g m	1.19	90	
	Others:- Turmeric powder, Mix Masala, vimbar, match box	1/-		1/-				1/-				2/-		
	Fuel charge Transportation	1 0.10		1/- 0.10				1/- 0.10				1/- 0.10		
	Egg						1	6/-	70	6				
<b>Total</b>				<b>Rs. 13/-</b>	<b>512</b>	<b>14.54</b>		<b>Rs. 15/-</b>	<b>602</b>	<b>17</b>		<b>Rs. 17/-</b>	<b>802</b>	<b>19</b>

Name of item	Ingredients	Rate @	Normal children @ Rs. 13/-				Pregnant/Nursing mothers @ Rs. 15/-				Malnourished children @ Rs. 19/-			
			Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein	Qty	Amount	Kcal	Protein
<b>Morning Snacks</b>														
	Ground Nut (Boiled)	130/-	20gm	2.6	113	5.2					30g m	3.9	170	7.8
<b>Main Meal</b>														
Rice Kheer	Rice	5.65/-	50gm	0.28	176	4.08	90gm	0.500	330	4.08	90g m	0.5	330	5.44
	Jaggery	84/-	25gm	2.1	114		40gm	3.36	173		40g m	3.36	173	
	Amulspray	360/-	20gm	7.2	99	5.16	25gm	9	99	7.6	25g m	9	129	9.5
	Micronutrients	13/-	2gm	0.55		-	2gm	0.55			2gm	0.55		
	Fuel charge Transportation	1/- 0.10/-		1/- 0.10				1/- 0.10				1/- 0.10		
<b>Total</b>				<b>Rs. 13.8/-</b>	<b>502</b>	<b>14.4</b>		<b>Rs. 14.51/</b>	<b>602</b>	<b>18</b>		<b>Rs. 18.4/-</b>	<b>802</b>	<b>23</b>