



WEEKLY MEAL PLAN

SITE MANAGER- GOLU SIKARWAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING				Date 01/04/24 to 07/04 /24		
Veg.Kofta(132 Cal.)	Gobhi Fry (85 cal.)	Aloo Palak(79 Cal.)	Patta Gobhi Matter (79 Cal.)	Matter Paneer (132 Cal.)	Aloo Pyaz(79 Cal.)	Besan Gutta (153 Cal.)
Moog Dal (156 cal.)	Dal palak (118 cal.)	Mixed Dal (138 cal.)	Rajma masala (133 cal.)	Mirchi Fry (79 Cal.)	Mixed Dal (138 cal.)	Moog Dal (156 cal.)
Jeera Rice (127 cal.)	Jeera Rice (127 cal.)	Jeera Rice (127 cal.)	Jeera Rice (127 cal.)	Namkin Rice(127 cal.)	Jeera Rice (127 cal.)	Jeera Rice (127 cal.)
Bundi Raita (163 cal.)	Masala chhach (36 cal.)	Bundi Raita (163 cal.)	Masala chhach (36 cal.)	Kheer (21 cal.)	Masala chhach (36 cal.)	Bundi Raita (163 cal.)
Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti(85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)
स्वच्छता • शुद्धता • स्वादिष्टता						NIGHT
Gobhi Fry (85 cal.)	Aloo Palak(79 Cal.)	Besan Gutta (153 Cal.)	Aloo Pyaz (79 Cal.)	Kadai Paneer(132 Cal.)	Veg. Kofta(132 Cal.)	Patta Gobhi Matter (79 Cal.)
Moog Dal (156 cal.)	Arhar dal fry (128 cal.)	Rajma masala (133 cal.)	Mixed Dal (138 cal.)	Mirchi Fry (79 Cal.)	Moog Dal (156 cal.)	Dal palak (118 cal.)
Boiled white rice (120 cal.)	Boiled white rice (120 cal.)	Jeera Rice (127 cal.)	Boiled white rice (120 cal.)	Namkin Rice(127 cal.)	Boiled white rice (120 cal.)	Boiled white rice (120 cal.)
Bundi Raita (163 cal.)	Masala chhach (36 cal.)	Bundi Raita (163 cal.)	Masala chhach (36 cal.)	Kheer (21 cal.)	Bundi Raita (163 cal.)	Masala chhach (36 cal.)
Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)	Tawa Roti (85 cal.)

Generally, the recommended daily calorie intake is 1600-2000 calories a day for women and 2000-2500 for men. If calorie consumption is greater than above, it is recommended to do physical exercises/activity.