

मिड-डे-मील कार्यक्रम के अन्तर्गत देय विभिन्न व्यंजनों के लिये प्रति छात्र आवश्यक सामग्री का विवरण

## Class I to V

Dal - Roti				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Wheat flour	100	346	11.8
2	Dal	20	60.75	8.4
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>125</b>	<b>451.75</b>	<b>20.2</b>
Sabji - Roti				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Wheat flour	100	346	11.8
2	Vegetables Mix	50	40	4
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>155</b>	<b>431</b>	<b>15.8</b>
Dal - Chawal				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Rice	100	346	6.4
2	Dal+Vegetables etc	20	73.8	11
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>125</b>	<b>464.8</b>	<b>17.4</b>
Dal - Bati				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Wheat flour	100	346	11.8
2	Dal	20	60.75	9.6
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>125</b>	<b>451.75</b>	<b>21.4</b>
Vegetable Pulao Cum Khichdi				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Rice	100	346	6.4
2	Dal	20	60.75	6.7
3	Vegetables, tamoto etc	50		
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>175</b>	<b>451.75</b>	<b>13.1</b>

## Class VI to VIII

Dal - Roti				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Wheat flour	150	519	17.7
2	Dal	30	91.12	12.6
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		0
5	Labour			
<b>Total</b>		<b>187.5</b>	<b>677.62</b>	<b>30.3</b>
Sabji - Roti				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Wheat flour	150	519	17.7
2	Vegetables Mix	75	60	6
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>232.5</b>	<b>646.5</b>	<b>23.7</b>
Dal - Chawal				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Rice	150	519	9.6
2	Dal+Vegetables etc	30	110.7	15.5
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>187.5</b>	<b>697.2</b>	<b>25.1</b>
Dal - Bati				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Wheat flour	150	519	17.7
2	Dal	30	91.12	14.4
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>187.5</b>	<b>677.62</b>	<b>32.1</b>
Vegetable Pulao Cum Khichdi				
S.No.	Ingredients	Quantity (gm)	Energy (K.cal.)	Protein (gm)
1	Rice	150	519	9.6
2	Dal	30	91.12	10.05
3	Vegetables, tamoto etc	75		
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		
5	Labour			
<b>Total</b>		<b>262.5</b>	<b>677.62</b>	<b>19.65</b>