

IRADA FOUNDATION**NUTRITION FOOD DISTRIBUTION PROGRAM MENU**

	Item	Grammage (cooked portion)	Nutritive Value			Total Calories
			Carbohydrate	Protein	Fat	
Menu 1	Chole Masala	150 g	17	7	9	177
	Phulka Roti	5 nos	72	8	9	402
	Fada lapsi	100 g	25	8	8	204
	Total		114	23	26	783
Menu 2	Mix veg	150 g	20	9	7	179
	Phulka Roti	5 nos	72	8	9	402
	Churma	100 g	32	2.5	9	219
	Total		124	19.5	25	800
Menu 3	Missal Masala	150 g	20	9	7	179
	Phulka Roti	5 nos	72	8	9	402
	Suji Sheera	10 g	35	3.5	9	235
	Total		127	20.5	25	816
Menu 4	Palak Paneer	150 g	10	6	12	172
	Phulka Roti	5 nos	72	8	9	402
	Wheat Sheera	100 g	35	3.5	9	235
	Total		117	17.5	30	809
Menu 5	Paneer Kadai	150 g	15	6	15	219
	Phulka Roti	5 nos	72	8	9	402
	Moong Dal Sheera	100 g	25	8	11	231
	Total		112	22	35	852
Menu 6	Rajmah Masala	150 g	20	7	9	189
	Phulka Roti	5 nos	72	8	9	401
	Gulab Jamun	2 nos	22.5	5	17	263
	Total		114.5	20	35	853
Menu 7	Pindi Chole	150 g	17	7	9	177
	Phulka Roti	5 nos	72	8	9	402
	Mohanthal Lachka	100 g	29	7	9	225
	Total		118	22	27	804
Menu 8	Missal Masala	150 g	20	9	7	179
	Phulka Roti	5 nos	72	8	9	402
	Churmo	100 g	32	3	9	219
	Total		124	20	25	800
Menu 9	Veg Makhanwala	150 g	10	5	8	132
	Phulka Roti	5 nos	72	8	9	402
	Magaj Lachka	100 g	35	6	9	245
	Total		117	19	26	779
Menu 10	Corn Palak	150 g	11	2	11	151

	Phulka Roti	5 nos	72	8	9	402
	Fada Lapsi	100 g	25	8	8	204
	Total		108	18	28	757
Menu 11	Val (Gujarati style)	150 g	18	7.5	8	174
	Phulka Roti	5 nos	72	8	9	402
	Churmo	100 g	32	3	9	219
	Total		122	18.5	26	795
Menu 12	Soyabean Masala	150 g	6.5	13	12	186
	Phulka Roti	5 nos	72	8	9	402
	Gulab Jamun	2 nos	22.5	5	17	263
	Total		101	26	38	851
Menu 13	Muth & Red chowli Ka Me	150 g	17	7	8	168
	Phulka Roti	5 nos	72	8	9	402
	Suji Sheera	100 g	35	3.5	9	235
	Total		124	18.5	26	805
Menu 14	Mix Veg	150 g	10	5	8	132
	Phulka Roti	5 nos	72	8	9	402
	Wheat Lapsi	100 g	35	3.5	9	235
	Total		117	16.5	26	769
Menu 15	Muth Masala	150 g	19	8	9	189
	Phulka Roti	5 nos	72	8	9	402
	Seviya	100 g	23	3	9	185
	Total		116	24	29	822
Menu 16	Sev Tomato	150 g	17	8	12	208
	Phulka Roti	5 nos	72	8	9	402
	Puran (lachka)	100 g	25	8	11	231
	Total		114	24	32	841
Menu 17	Cabbage carrot peas	150 g	10	5	8	132
	Phulka Roti	5 nos	72	8	9	402
	Seviya	100 g	23	3	9	185
	Total		105	16	26	719
Menu 18	Corn Palak	150 g	11	2	11	151
	Phulka Roti	5 nos	72	8	9	402
	Fada Lapsi	100 g	25	8	8	204
	Total		108	18	28	757
Menu 19	Veg Makhanwala	150 g	10	5	8	132
	Phulka Roti	5 nos	72	8	9	401
	Wheat Sheera	100 g	35	6	9	245
	Total		117	19	26	778
Menu 20	Missal Masala	150 g	20	9	7	179
	Phulka Roti	5 nos	72	8	9	402
	Seviya	100 g	23	3	9	185
	Total		115	20	25	766

Menu 21	Sev Tomato	150 g	17	8	12	208
	Phulka Roti	5 nos	72	8	9	402
	Wheat Lapsi	100 g	35	3.5	9	235
	Total		124	19.5	30	845
Menu 22	Mix Veg	150 g	10	5	8	132
	Phulka Roti	5 nos	72	8	9	402
	Puran (lachka)	100 g	25	8	11	231
	Total		107	21	28	765
Menu 23	Green Peas Masala	150 g	19	8	9	189
	Phulka Roti	5 nos	72	8	9	402
	Suji Sheera	100 g	25	8	11	231
	Total		116	24	29	822
Menu 24	Paneer Butter Masala	150 g	10	6	12	172
	Phulka Roti	5 nos	72	8	9	402
	Gulab Jamun	100 g	22.5	5	17	263
	Total		104.5	19	38	837
Menu 25	Vegetable Jaipuri	150 g	8	5	12	160
	Phulka Roti	5 nos	72	8	9	402
	Mohanthal Lachka	100 g	29	7	8.5	220.5
	Total		109	20	29.5	782.5