

25/08/15

For immediate circulation

DD/psc

Government of West Bengal
Department of Women & Child Development & Social Welfare
Bikash Bhawan, Salt Lake, Kolkata-70091.

No.4395-SW/O/M-65/15.

Dated, the 12th August, 2015.

From: The Deputy Secretary
to the Government of West Bengal.

To : The Director of Child Rights & Trafficking.

Sub.: Recommended Diet plan for inmates of Homes.

Sir,

I am directed to enclose herewith a Diet Plan of Home inmates duly recommended by Nutrition consultants Health Deptt., for circulation to all Govt.nHomes and NGO run Homes for immediate implementation of same.

This is approved by the Secretary of this Deptt.

Encl.as stated.

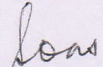
Yours faithfully,



Deputy Secretary

RECOMMENDED DIET PLAN				
DAY	MORNING	LUNCH	TIFFIN	DINNER
MONDAY	Morning Tea - 1 cup Loaf - 100 gms Banana - 1 (large) / 2 small to medium	Rice(200gm), Dal(30gm), Fried Potato(100gm), Fish-curry(fish-70gm) with vegetable-(80gm)	Rosted nut(25gm), puffed rice(70gm)	Rice(200gm)/ Roti (125gm) Dal (30 gm), Veg Curry (200gm), Chutney (40gm).
TUESDAY	Morning Tea-1 cup Sattu(40gm)+Sugar(15 gms) +banana 1(large)	Khichdi(rice-150gm,Dal- 40gm) Omelette(egg-1ps) Chutney(Tomato-60gm)	Sprouted Bengal Gram+ onion (75gm) puffed rice(70gm)	Rice(200gm)/ Roti (125gm) Dal (30gm), Veg Curry (175gm), with soya bean (50 gm)
WEDNESDAY	Morning Tea-1cup, Ghoogni (70gm) puffed rice(60gm), banana (1 large)	Rice(200gm), Boiled potato(100gm) Dal(30gm), Potato-Soyabean curry(Soyabean-50gm, potato-100gm) Chutney(Tomato-50gm)	Soaked ground nut(30gm), Puffed- rice(70gm)	Rice(200gm) / Roti (125gm) Dal (30gm), Mix Veg Curry (150gm), Chutney (50gm).
THURSDAY	Morning Tea-1 cup Sattu(40gm)+Sugar(15 gms) +banana 1(large)	Rice(200gm), Boiled potato(100gm) Dal(30gm), Chicken-curry(Chicken- 100gm,potato-80gm)	Rosted perched rice(75gm), Rosted ground nut(25gm),	Khichdi(rice-150gm,Dal- 40gm) Fried Parwal (or seasonal vegetables) + Potato (200 gm)
FRIDAY	Morning Tea-1 cup, Ghoogni(100gm) puffed rice(50gm) Banana (1 large)	Rice(200gm), Fried green vegetables (100gm), Dal(30gm), Egg-curry with potato	Sprouted Bengal Gram(50gm) puffed rice(70gm)	Rice(200gm) / Roti (125gm) Dal (30gm), Mix Veg Curry (200gm), Chutney (50gm).
SATURDAY	Morning Tea-1 cup Semolina/ Suji Halwa(Semolina/Suji -60gm, sugar-25gm, Banana (1 big)	Rice(200gm), Dal(30gm), Boiled Potato(100gm), Fish-curry(fish-70gm, potato-80gm)	Soaked ground nut(30gm), Puffed- rice(70gm)	Rice(200gm)/ Roti (125gm) Boiled potato(100gm) Dal(30gm), Potato-Soyabean curry(Soyabean-50gm, potato-100gm) Chutney(Tomato-50gm)
SUNDAY	Morning Tea-1cup, Sprouted Bengal Gram(50gm) puffed rice(50gm) Banana (1 large)	Rice(200gm), Dal(30gm), Veg-Curry(150gm), Egg-Curry(egg- 1ps,potato-80gm)	Rosted perched rice(70gm), Rosted ground nut(30gm),	Rice(200gm),Boiled potato(100gm) Dal (30gm), Veg Curry (150gm), Chutney (50gm).

This Diet Chart is an indicative one and to be followed strictly. In case of vegetables, local variety in different seasons may be explored within the prescribed rate for diet as per ICPS guideline. Local fruits (like guava, water caltrop etc) may be given to avoid monotonous food habit. For betterment, kitchen garden & pisciculture should be encouraged.


 Joint Secretary
 Deptt of CD WD & SW
 Government of West Bengal