

**ANNEXURE-1**

**GENERAL WARD SAMPLE MENU**

<b>Meal pattern/timings</b>	<b>Meals</b>	<b>Quantity</b>
Breakfast 7:30 am to 8:30 am	Egg-1boiled(50 gm) + salt – 1 sachet (1 gm) +pepper – 1 sachet (1 gm)	1 no.
	Bread slices (30 gm each)+ butter +jam OR dalia / Upma/ Idli + Sambhar / Poha (75 gms)	2 slice + 1 chiplet +1 sachet 1 plate 1 plate 2 large pcs+1 katori 1 plate
	Tea (150 ml containing 75 ml milk) + tea bag-1(2.5 gm) +sugar- 2 sachet (10 gm)	1 cup
Mid morning 9:30-10:00 am	Soup 150 ml / juice (200 ml packed) / coconut water (200 ml) / fruit (150 gms)	1 cup/1 packet/ 1 unit/ 1 no.
Lunch (12:30-1:30)	Roti (30 gm each)	3 no.
	Rice ( basmati rice tuta/ kanki) (25 gms raw)	1/2 plate
	Dal/pulses/legumes (30 gms)	1 karchi/ 1 katori
	Vegetable (150 gms cooked)	1big karchi/ 1 katori
	Curd ( 85 gms pack)	1 cup small
	Salad (25 gms)	5-6 slices
Tea evening 4:00 pm	Biscuit- marie gold/ marie digestive	2 packed
	Tea (150 ml) + Sugar- 2 sachet (10 gms)+ tea bag-1	1 cup
Dinner (7:30-8:30 pm)	Roti (30 gm each)	3 no.
	Rice ( basmati rice tuta/ kanki) (25 gms raw)	1/2 plate
	Dal/pulses/legumes (30 gms)	1 karchi/ 1 katori
	Vegetable (150 gms cooked)	1big karchi/ 1 katori
	Salad (25 gms)	5-6 slices
Bed time 9:00-9:30 pm	Milk (toned-200 ml) + sugar sachet-1 (5 gms)	1 glass

Note- coconut water/ juice will be given as per dietician orders; meals to be served in partitioned steel thali