

# MONTHLY MENU

<b>Sud</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Akam	Tea, Milk, Khakhra, Idli,	Lapsi, Dahivadi, Tuver Dal-Rice, Chapati, Choli	Paratha, Paneer Veg. Naan, Sweet Curry,
Bij	Tea, Milk, Khakhra,	Loose Mugdal, Rice, Chapati, Tindolanu Bharelu Shak Papad, Vegetable.	Masala Dhosa, Chatni, Sambhar
Trij	Tea, Milk, Tepla, Green Chillies Marcha	Mug-Shinned Dal, (Chhotravalidal) Parotha, Rice, Raitu, Valol vege. Vadi	Spring Roll, Bin Fried Noodles Fried Rice, Manchurin.
Choth	Tea, Milk, Upma, Grounnut Chatni	Curry, Rice, Turia Veg. Sellad, Chola Veg. Chatni,	Panner kattles, Kelavada.
Panc- ham	Tea, Milk, Suki Kothmir, Chatani, Pudla.	Dry papadi, Muthia, Rice, Chapati, Gatta Veg. Ker Raitu, Val.	Jeera rice, Dal fry, Chhole Bhatura.
Chh- ath.	Tea, Milk, Menduvada.	Khirpuri, Mugdal, Mogri Veg. Curry, Rice, Sangari vegetable	Bhakhri, Curry, Mudhia of Dudhi, Chatani.
Satam	Tea, Milk, Wheatk hichu	Tuver Dal, Rice, Chapati Purvar veg. Karela Vegetable	Siglar,
Aatham	Tea, Milk, Mug, Masala, Soft puri	Veg. of Ghanthia, Sellad of Groundnut, Rice, Curry, Parotha,	Handvo, soup, Chatani

Paneer Malai Vegetable.

Nom	Tea, Milk, Khakhra, Mug, Limbu Sharbat.	Chapati, Dabaka curry, Rice, Banana-peas Vege. (kela-vatana)	Paneer with Veg. Chilla.
Dasam	Tea, Milk Khakhra,	Udad Dal, Chapati, Dhudhi Vegetable Rice, Raitu, Panner kofta.	Chinese Idli
Agyaras	Tea, Milk Sour Dhokla, Chatni	Curry, Rice, Bharelu Kakdinu Shak, Suki Dalvada. Suki Tuvernu Shak.	Dahivada, Chatni,
Baras	Tea, Milk. Mamrani	Tuverdal, Rice, Chapati, Vegetable of cucumber Kakdi and peas (Vatana), Panchkutia Veg. Raitu.	Dudhi kofta, Paratha, curry.
Teras	Tea, Milk, Vegetable Uttappa,	Green Mug Dal, Chapati, Vegetable of karela, Rice, Tuver Muthia Vegetable	Khichdi, Curry, Bhakhri, Mix Vegetable
Chaudas	Tea, Milk, Khakhra.	Curry, Jeera Rice, Chapati, Paneer, Vegetable of Bhurji Khaman Dhokla, Siro.	Tindsi Vegetable Dal Dhokli.
Poonam	Tea, Milk, Kothmir Paroatha, Chatni of Groundnut.	Vegetable of Ladyfinger, Vegetable of Fansi.	Samosa chat with Panjabi Samosa.

## MONTHLY MENU

Vad	Morning	Afternoon	Evening
Atham	Tea, Milk, Khakhra, Rava Uttapa, Chatni, of coconut.	Chapati, Dal-Rice, Peas (Vatana) Vegetable, Gavarfali Vegetable, Pinepde Raita.	Veg. Paratha Piza, Thaicurry, Thai Rice.
Bij	Tea, Milk, Methi Masala Coconut.	Chapati, Rice, Curry, corn (Makai) Dhokla, Papadi	Spring Dhosa, chatni, Sambhar
Trij	Tea, Milk, Jalebi, Fafda, Marcha Sellad of Papaya.	Lady finger Vegetable, Sweet Tuverdal, Rice, chapati, peas (Vatana) Vegetable.	Idli, Chatani, Sambhar
Choth	Tea, Milk, Jalebi, Tomatoes, Paunha, Khakhra	Paratha, Veg. Hongkong, Two Layered Rice.	Dal-Dhokly, Masala Bhakhri.
Panch- am	Tea, Milk Veg. Upma, Khakhra, chatni of Ground nut.	Khichdi Sellad, Dudhi kofta, Vegetable, Tindola Vegetable, Chapati, Mugdal, Rice.	Pasta in Pesto, Sauce, spageti Nepoleaon
Chhath	Tea, Milk, Kanki, Khakha, Masala.	Mix sellad, Tindsi Veg. Bharela, Veg. Dal-Rice, Chapati.	Takos Maxican Rice.
Satam	Tea, Milk Khkhra, Papad, Khichdi	Papdi, Panner, Simla Mix Veg. Lady finger Veg. Sellad, Chapati	Bhakhri Veg. of raw Banana, Vaghareli

	of Rice or Sev.	Rice, Udad Dal.	Khichadi, Sweet curry.
Atham	Tea, Milk, Dhokli of Khakhra, Thepla of dry Methi.	Veg. of mix Pulses, Chhuti Dal, Rice, Chapati, curry.	Rasam Vada, Idda, Parotha, Veg. Panner Bhurji.
Nom	Tea, Milk, Khkhra, Dalvada, Mug, Marcha (Green Chilly)	Chapati, Dabka curry, Rice, Veg. of Banana and peas. (Kela-Vatana)	Burger/Soup.
Dasam	Tea, Milk Khkhra, Veg. Paratha.	Sellad, Veg. of raw Lady fingure, Chapati, Tuverdal, Bhat.	Bajri Rotla, Curry, Vagharela Maracha, Turia, Veg. Khichdi.
Agyaras	Tea, Milk, Paunba, Khakhra, Mugdall of Rice.	Corn-Capsicum mix Veg. Raitu, Turia Veg. Chapati, Mugdal, Rice	Burned Rice, With Krispi, Noodles.
Baras	Tea, Milk, Veg. Paratha, Chapati Khkhra.	Dudhi-Chana Dal. Mix Veg. Kantola, Veg. Tuver Dall, Rice, Chapati.	Bhel, Pani-puri.
Teras	Tea, Milk, Upma, Khkhra,	Dahivada, Jeera Rice, Dal-fry, cucumber-peas veg. (Kakdi-Vatana)	Ragda-petis
Chaudas	Tea, Milk, Pudla, of Dal, Tartariu Khakhra	Gatta-Vege. Curry, Chapati, Rice, Dry Methi-Vadi Veg.	Bhakhri, Ghaselu surti Methi Veg. Curry, Rice.
Amas	Tea, Milk, Lemon Sharbat, Mug,	Raw, Tomato Veg. Vadi-Valor Veg. Mug-dal Rice, Chapati.	Shili Okta, Banana, Nan, Paneer Bhurji,

Khakhra, Thepla.

Parotha.

## PARYUSHAN MENU

	Morning	After noon	Evening
First Day	Tea, Milk, Khakhra,	Sweet- shiro of Wheat	Papad, vegetable
Generally	Upma, chatni of	floor, Snack, Chanadal	Thick Rosted Roti,
People	Groundnuts puri, Sev	vada. Vegetable Mug,	(Bhakhri) Dal Dhokli-
observe		Rajwadi Veg.,	Thepla or Uttapam.
Fast on		Dry Guvar Raita	
this day.			
Second	Tea, Milk (Masala Milk)	Churma Ladu, Fulvadi,	Vegetable of Ganthia,
Day	Dry Ginger Peeprimul	Kachori, Sellad of	Sweet, Chapati, (Puran
	Laddu (Goli) Sweet	Paneer and Gram,	Poli), Curry, Jeera Rice,
	water of sugarcandy	Vegetable of Groundnut	or Idli, Chatni
	and Laving, Mug-	and dry Tamarind.	
	Khakhra, Papad, Rab	(Ambolia) Vegetable of	
	of Gum. (Gunder)	vadi, Chapati, Curry, Rice.	
Third Day	Tea, Milk, Mugdal,	Rava Shiro,	Liquid Mug, Masala
Mostly	Khakhra, Dry Nasata	Sour Dhokla Sellad of	Soft Puri, Masala Bhat,
People	Puri, Sev, Ganthia.	Chana, Vegetable of	(Spicy Rice) or simple
observe		dry Terver, Sour Ghense	Dhosa, Sambhar,
Fasts for		of rice or Kanki,	Chatni.
2 days.		Vegetable of Gunda,	
i.e. Chhath		Chapati, Curry, Rajma.	
Fourth Day	Tea, Dudh- Paunha-	Sandesh, Dahivadi,	Besan, Chapati,
	Khakhra, Barik sev.	Bundi Raitu, Dal-fry,	Rice or Sour Dhokla,
	and Puri.	Vegetable of Papad,	Chatni.
		Chapati, Jeera Rice,	
		or Val.	
Fifth Day	Tea, Milk, Sukhdi,	Malpua, Khaman	Lapsi, Dahivada,

	Lapsi, Liquid Mug, Khakhra, Sugarcandy Water, Dry Ginger, Peeprimul Laddu, (Goli) Masala Soft puri	Dhokla of Gram Flour, Spicy Sev, Panchkutia Vegetable, Vegetable of mix pulses, Dabka Curry, Chapati, Rice.	Handvo, Vegetable i.e. of Groundnut, Chapati, Dal, Rice.
Sixth day Generally People observe fast for 3 days i.e. Attham	Tea, Milk, Khichu, Khakhra, Chatni of Groundnut	Kalakand, Dal-bati, Mugdhal with Skin, (Fotrawali Mugdal), Vegetable of Gatta, Chapati, Rice.	Mendu-vada, Rasamvada, Chatni, Parotha, Vegetable of Papad, Vege. of Paneer, Curry Khichdi
Seventh Day	Milk, Tea, Uttapa, Chatni, Khakhra, Methi Masala.	Dudhpak or Kheer, Sour Dhokla, Chhuti Mug Dal, Puri, Sangri Vegetable Curry, Rice.	Chhole, Paratha Jeera Rice, Curry, or Rasawala Muthia
Eight Day	Tea, Milk, Khakhra, Mug.	Simple Shiro, Lapsi, Rice Muthia, Beson, Chapati, Rice, Masala- Milk, Tea, Suka Nasta.	Thepla, Tea, Milk, Vegetable, Bhat or Khichu, Bhat Muthia, (Rice Muthia)

The above menu can be made commonly. You can make variety of your child's likig. Sweets and snacks are given for everyday. But it would be better to have manimum items if possible. You can prepare the food items in such a way so that children will be inspired to observe new types of Tap, Ekasana, Besna etc. Paryushan Parve- you can make different types of khakhra, snacks and sweets.

