MDM Menus for Upper Primary School Children (10+ to 15+ yr)

Day 1: Kichidi + Banana

Ingredients	Quantity (g)	Energy (kcal)	Protein (g)	Fat (g)
Rice	150	517.50	10.20	0.80
Green Gram Dhal	30	104.40	7.40	0.40
Green Chilies	5	1.50	0.20	0.03
Ginger	5	3.40	0.10	0.05
Onions	30	15.00	0.40	0.03
Carrot	40	19.20	0.40	0.08
Cooking Oil	7	67.50	-	7.50
Salt (Iodized)	4	-	-	-
Curry Leaves	4	4.20	0.20	0.04
Coriander Leaves	6	2.60	0.20	0.04
	Total	**735.3**	**19.1**	**8.97**
Banana	80	92.80	0.96	0.24
	Grand Total	**828.1**	**20.06**	**9.21**
	Rounded to	**828**	**20**	**9**
	Recommended Under MDM	**720.0**	**20.0**	**-**
% Energy	**Recommended**		**10-15**	**20-30**
	Present Recipe		**9.7**	**10.0**

Day 2: Rice with Spinach Dhal

Ingredients	Quantity (g)	Energy (kcal)	Protein (g)	Fat (g)
Rice	150	517.50	10.20	0.80
Red Gram Dhal	30	100.50	6.70	0.50
Spinach Leaves	50	13.00	1.00	0.40
Onions	25	12.50	0.30	0.03
Green Chilies	10	3.00	0.40	0.06
Turmeric	1	35.00	0.60	0.50
Cumin Seeds	2	7.00	0.40	0.30
Tamarind Pulp	16	45.30	0.50	0.02
Cooking Oil	7.5	67.50	-	7.50
Salt (Iodized)	4	-	-	-
Curry Leaves	4	4.20	0.20	0.04
	Total	**805.5**	**20.3**	**10.2**
	Rounded to	**806**	**20**	**10**
	Recommended Under MDM	**720.0**	**20**	**-**
% Energy	**Recommended**		**10-15**	**20-30**
	Present Recipe		**10.1**	**11.4**

Day 3: Vegetable Rice + Boiled Egg

Ingredients	Quantity (g)	Energy (kcal)	Protein (g)	Fat (g)
Rice	150	517.50	10.20	0.80
Carrots	40	19.20	0.40	0.08
Beans	15	23.70	1.10	0.20
Onions	20	10.00	0.20	0.02
Green Chiles	5	1.50	0.20	0.03
Cooking Oil	7.5	67.50	-	7.50
Salt(Iodized)	4	-		
Curry Leaves	2	2.20	0.10	0.02
Coriander Leaves	2	0.90	0.07	0.02
Mint Leaves	2	1.00	0.10	0.01
	Total	**643.5**	**12.41**	**8.67**
Egg	45	77.80	6.00	6.00
	Grand Total	**721.6**	**18.41**	**14.67**
	Rounded to	**722**	**18**	**15**
	Recommended Under MDM	**720**	**20**	**-**
% Energy	**Recommended**		**10-15**	**20-30**
	Present Recipe		**10.2**	**18.22**

Day 4: Sambar Rice

Ingredients	Quantity (g)	Energy (kcal)	Protein (g)	Fat (g)
Rice	150	517.5	10.2	0.8
Red Gram Dhal	30	100.5	6.7	0.5
Tomatoes	30	6	0.3	0.06
Cucumber	30	3.9	0.12	0.03
Onions	15	7.5	0.2	0.02
Tamarind Pulp	10	28.3	0.31	0.01
Dry Chili Powder	6	14.8	1	0.4
Turmeric	1	3.5	0.06	0.06
Sambar Powder	2	5.5	0.3	0.2
Cooking Oil	7.5	67.5	-	7.5
Salt (Iodized)	4	-	-	-
Curry Leaves	4	4.2	0.24	0.04
	Total	**759.2**	**19.4**	**9.6**
	Rounded to	**759**	**19**	**10**
	Recommended Under MDM	**720**	**20**	**-**
% Energy	**Recommended**		**10-15**	**20-30**
	Present Recipe		**10.2**	**11.4**

Day 5: Tamarind Rice / Pulihora

Ingredients	Quantity (g)	Energy (kcal)	Protein (g)	Fat (g)
Rice	150	517.50	10.20	0.80
Tamarind Pulp	30	84.90	0.90	0.03
Bengal Gram Dhal	10	37.20	2.10	0.60
Black Gram Dhal	10	34.70	2.40	0.14
Groundnuts	10	56.70	2.50	4.00
Dry Chilies	6	14.80	1.00	0.40
Turmeric	1	3.50	0.06	0.06
Cooking Oil	7.5	67.50	-	7.50
Salt (Iodized)	4	-	-	-
Curry Leaves	4	4.20	0.24	0.04
	Total	**821.0**	**19.4**	**13.6**
	Rounded to	**821**	**19**	**14**
	Recommended Under MDM	**720**	**20**	**-**
% Energy	**Recommended**		**10-15**	**20-30**
	Present Recipe		**9.5**	**14.9**

Day 6: Rice Amaranth Dhal

Ingredients	Quantity (g)	Energy (kcal)	Protein (g)	Fat (g)
Rice	150	517.50	10.20	0.80
Red Gram Dhal	30	100.50	6.70	0.50
Amaranth Leaves	60	27.00	2.40	0.30
Onions	15	7.50	0.20	0.02
Green Chilies	10	3.00	0.40	0.06
Turmeric	1	3.50	0.10	0.06
Cumin Seeds	1	3.60	0.20	0.20
Tamarind Pulp	20	56.60	0.60	0.02
Cooking Oil	7.5	67.50	-	7.50
Salt (Iodized)	4	-	-	-
Curry Leaves	4	4.20	0.20	0.04
	Total	**791.0**	**21.0**	**9.5**
	Rounded to	**791**	**21**	**10**
	Recommended Under MDM	**720**	**20**	**-**
% Energy	**Recommended**		**10-15**	**20-30**
	Present Recipe		**10.6**	**10.8**