

Class I to V - Dal-Roti

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Wheat flour	100	346	11.8
2	Dal	20	60.75	8.4
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour	-	-	
Total		125	451.75	20.2

Class I to V - Sabji-Roti

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Wheat flour	100	346	11.8
2	Vegetables Mix	50	40	4
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour	-	-	
Total		155	431	15.8

Class I to V – Dal-Chawal www.teachersraj.com

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Rice	100	346	6.4
2	Dal+ Vegetables Etc	20	73.8	11
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour	-	-	
Total		125	464.8	17.4

Class I to V – Dal-Bati

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Wheat flour	100	346	11.8
2	Dal	20	60.75	9.6
3	Fat/Oil	5	45	
4	Spices & Fuel	As per requirement		
5	Labour	-	-	
Total		125	451.75	21.4

Class I to V – Vegetable Pulao Cum Khichdi

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Rice	100	346	6.4
2	Dal	20	60.75	6.7
3	Vegetables, Tomato	50		
4	Fat/Oil	5	45	
5	Spices & Fuel	As per requirement		
6	Labour			
Total		175	751.75	13.1

Class VI to VIII - Dal-Roti

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Wheat flour	150	519	17.7
2	Dal	30	91.12	12.6
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		0
5	Labour	-	-	
Total		187.5	677.62	30.3

Class VI to VIII - Sabji-Roti

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Wheat flour	150	519	17.7
2	Vegetables Mix	75	60	6
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		
5	Labour	-	-	
Total		232.5	646.5	23.7

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S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Rice	150	519	9.6
2	Dal+ Vegetables Etc	30	110.7	15.5
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		
5	Labour	-	-	
Total		187.5	697.2	25.1

Class VI to VIII – Dal-Bati

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Wheat flour	150	519	17.7
2	Dal	30	91.12	14.4
3	Fat/Oil	7.5	67.5	0
4	Spices & Fuel	As per requirement		
5	Labour	-	-	
Total		187.5	677.62	32.1

Class VI to VIII – Vegetable Pulao Cum Khichdi

S.No	Ingredients	Quantity (gm)	Energy (K.cal)	Protein (gm)
1	Rice	150	519	9.6
2	Dal	30	91.12	10.05
3	Vegetables, Tomato	75		
4	Fat/Oil	7.5	67.5	0
5	Spices & Fuel	As per requirement		
6	Labour			
Total		262.5	677.62	19.65