## **VEG MENU 18-24**

TIMINGS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30-7.00 AM	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
9.00-9.30 AM	Daliya Porridge, 1 Bowl	Fortified Cereal for babies,1 Bowl	Oats Upma,1 Bowl Water Melon Cubes,1/2 Bowl	Vegetable Cheese Toast, 1No Sliced Chiku,1/2 Bowl	Fortified Cereal for babies,1 Bowl	Gobhi Paratha With Butter,1 Small	Fortified Cereal for babies,1 Bowl
11.00-11.30 am	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
Lunch 1.00 pm	Moong Dal ½ Bowl Roti, 1No	Palak Paratha 1 Small Curd, ½ Bowl	Fortified Cereal for babies,1 Bowl	Moth Dal, ½ Bowl Jeera Rice, ½ Bowl	Vejetable Suji Khichdi,1Bowl	Fortified Cereal for babies,1 Bowl	Aloo Sabzi,1/2 Bowl Palak Poori, 2 No
3.00-3.30 pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
5.30 pm	Vegetable Upma, 1Bowl Sliced Peach, 1/2Bowl	Fortified Cereal for babies,1 Bowl	Vegetable Moong Dal Chilla, 1 No Coriander Mint Chutney, 1 Tbsp	Corn Carrot Broccoli Tikki,2 Pcs	Nariyal Barfi, 1 Pc Mango Cubes ½ Bowl	Til Gajak, 1 Pc	Fortified Meal for Babies, 1 BOwl
7.30-8.00	Fortified Cereal for babies,1 Bowl	Ghiya Kofta ½ Bowl Roti,1 No	Vegetable Khichdi, 1 Bowl	Fortified Cereal for babies,1 Bowl	Fortified Cereal for babies,1 Bowl	Mix Vegetable,1/2 Bowl Paratha, 1 Small	Dal Tadka, ½ Bowl Rice, ½ Bowl
10.00 Pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk