

Following are the some of the nutritional details of the menu served by the foundation to the people :

1. The table given an idea about the various menu served by the foundation to the people. With wide varieties of menus, people get different type of food without hampering the nutritional value of the food. The menu is extensively packed with all the essentials nutrients.

Details of Nutritious Food Items Served during the Year							
Sr.No.	Name of Item	Grammage (cooked portion)	Nutritional Value (in grams)				
			Carbohydrate	Protein	Fat	Calories	Total
1	Corn Palak	150 g	11	2	11	151	175
2	Phulka Roti	5 nos	72	8	9	402	491
3	Fada lapsi	100 g	25	8	8	204	245
4	Missal Masala	150 g	20	9	7	179	215
5	Seviya	100 g	23	3	9	185	220
6	Muth Masala	150 g	19	8	9	189	225
7	Churmo	100 g	36	4	4.5	200.5	245
8	Mix Veg	150 g	10	5	8	132	155
9	Puran(Lachka)	100 g	25	8	11	231	275
10	Green Peas Masala	150 g	19	8	9	189	225
11	Suji Sheera	100 g	25	8	11	231	275
12	Cabbage Carrot Peas	150 g	10	5	8	132	155
13	Giloda Bataka	150 g	10	3	8	124	145
14	Chole Amritsari	100 g	17	7	9	177	210
15	Chole Masala	150 g	17	7	9	177	210

Details of Nutritious Food Items Served during the Year

Sr.No.	Name of Item	Grammage (cooked portion)	Nutritional Value (in grams)				
			Carbohydrate	Protein	Fat	Calories	Total
16	Gulab Jamun	120 g	28	4	9	209	250
17	Tuver	150 nos	19	7.5	8	178	212.5
18	Khatta Metha dei Chana	150 g	17	7	9	177	210
19	Chowli Gujarati Style	150 g	19	8	9	189	225
20	Val Rasedar	150 g	19	8	9	189	225
21	Wheat Sheera	100 g	35	6	9	245	295
22	Dudhi Chana Dal	150 g	10	5	9	141	165
23	Corn Tomato Masala	150 g	11	2	11	151	175
24	Wheat Lapsi	100 g	35	3.9	9	236.6	284.5
25	Aloo Giloda	150 g	10	3	8	124	145
26	Aloo Valore	150 g	10	3	8	124	145
27	Lachka	100 g	29	7	9	225	270
28	Veg Makhanwala	150 g	10	5	8	132	155
29	Cabbage Green Peas Masala	150 g	19	8	9	189	225
30	Lasaniya Aloo	150 g	25	1.5	8	178	212.5
31	Gobi Musallam	150 g	10	5	8	132	155
32	Mix Toprapak	80 g	25	8	8	204	245
33	Veg Hyderabad	150 g	10	3	8	124	145
34	Mix Gujarati Veg	150 g	10	3	7	115	135
35	White Chowli	150 g	17	7	9	177	210
36	Mix Kathol	150 g	17	7	9	177	210

Details of Nutritious Food Items Served during the Year

Sr.No.	Name of Item	Grammage (cooked portion)	Nutritional Value (in grams)				
			Carbohydrate	Protein	Fat	Calories	Total
37	Aloo Palak	150 g	20	2	11	187	220
38	Mix veg Korma	150 g	10	5	8	132	155
39	Dal Palak	150 g	12	8	9	161	190
40	wheat Sheera	150 g	30	8	8	224	270
41	Veg Gatte Ki Sabzi	150 g	19	8	8	180	215
42	Veg Kolhapuri	150 g	10	5	8	132	155
43	Mix Veg Gujarati	150 g	10	5	8	132	155
44	Ringan Bataka	150 g	10	5	9	141	165
45	Muth Rasedar	150 g	19	8	9	189	225
46	Panchkuti Veg (Gujarati style)	150 g	10	5	8	132	155
47	Parval Bataka nu Shak	150 g	18	7	9	181	215
48	Desi Chana (Guj Style)	150 g	17	7	9	177	210
49	Pav Bhaji	150 g	18	5	12	200	235
50	Kesar Sheera	150 g	35	4	9	237	285
51	Vej Jaipuri	150 g	10	5	8	132	155
52	Val Gujarati style	150 g	17	7	9	177	210
53	Aloo Cabbage Tomato	150 g	10	5	8	132	155
54	Punchkuti Veg	150 g	10	5	8	132	155
55	Amritsari Chole	150 g	17	7	9	177	210
56	Aloo rasawala	150 g	10	5	8	132	155
57	Mix Veg. Curry	150 g	10	5	8	132	155

Details of Nutritious Food Items Served during the Year

Sr.No.	Name of Item	Grammage (cooked portion)	Nutritional Value (in grams)				
			Carbohydrate	Protein	Fat	Calories	Total
58	Kanda gathiya nu Shak	150 g	12	5	8	140	165
59	BatakaVatana Tameta	150 g	10	5	8	132	155
60	Aloo Baigan tom	150 g	17	7	9	177	210
61	Dum aloo	150 g	17	7	9	177	210
62	Dhokli nu shak	150 g	17	8	9	181	215
63	Veg handi	150 g	10	6	8	132	156

