

FOOD MENU FOR SOLID DIET PATIENT

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST AT 8AM	Tea/milk/coffee Idli Sambhar	Tea/milk/coffee Veg Poha	Tea/milk/coffee Vemicily upma	Tea/milk/coffee Idra with Green chutney	Tea/milk/coffee Veg upma	Tea/milk/coffee Yellow Dhokla	Tea/milk/coffee Moong Dal Chila
LUNCH AT 12PM							
Veg 1	Giloda masala	flower	Stuffed rawaiya	Chole chana	cabbage	Doodhi tomato	Veg makhani
Dal	Gujarati Dal	Guj Dal	Guj Dal	Gujarati dal	Sambhar	Dal fry	Gujarati kadhi
Rice	Rice	Jira rice	Rice	Rice	Rice	Rice	Pulav
Roti	Roti	Roti	Roti	Roti	Roti	Roti	Roti
Salad	Carrot, chas, papad	Cucumber raita, papad	Bit salad, curd, frymes	Tomato, chas, papad	Boondiraita, chas, papad	Carrot, curd, frymes	Grated salad, chas, papad
Sweet							Sweet
AFTERNOON TEA AT 4PM	Tea/milk/coffee Sevmamra	Tea/milk/coffee Marie	Tea/milk/coffee Rosted Poha	Tea/milk/coffee Khari	Tea/milk/coffee Corn Chevado	Tea/milk/coffee Papadi	Tea/milk/coffee Bread Butter
FRUITS/RELEVANT AT 6PM	Lemon Sharbat	Water Melon	Ice Cream	Papaya	Fruit juice	Mix fruit	Banana
DINNER AT 8PM							
Veg 1	Galka Moong	Doodhi Chana	Aloo Mutter	Veg Shabnami	Bhaji	Rawaiya	Vejjaiपुरi
Dal	Kadhi	Kadhi	Dal	Dal dhokli	Kadhi	Kadhi	Bhindi Kadhi
Rice	Green Khichdi	Yellow kichadi	Rice	Rice	Pulav	Green kichadi	Masala kichadi
Roti	Roti	Roti	Roti	Roti	Roti	Roti	Roti
MILK	Milk	Milk	Milk	Milk	Milk	Milk	Milk

FOOD MENU FOR LIQUID DIET PATIENT

TIME	MONDAY
06:00	Milk
08:00	Dal pani / Moong water
10:00	Fruit juice
12:00	Crush
14:00	Coconut water
16:00	Tea / milk
18:00	Fruit juice
20:00	Rab
22:00	Veg soup