

STATEMENT SHOWING THE REVISED DIET MENU PER PRISONER PER DAY

A. Morning Tea (Daily)

Item	Quantity	Calorie
Tea	02 gm.	-
Sugar	05 gm.	20
Milk	25 ml.	17
		Total - 37

B. Morning Diet (Suji Upama 03 days in a week)

Item	Quantity	Calorie
Suji	50gm.	174
Seasonal Vegetable	25 gm.	11.9
Refine Oil	05 gm.	45
Onion	05 gm.	2.5
Salt	01 gm.	-
		Total 233.4

C. Morning Diet (Chuda Santula 04 days in a week)

Item	Quantity	Calorie
Chuda	60gm.	207.6
Seasonal Vegetable	25 gm.	11.9
Refine Oil	05 gm.	45
Onion	05 gm.	2.5
Futana	01 gm.	-
Turmeric	01 gm.	3.5
Salt	01 gm.	-
		Total 270.50

NB:-Suji Upama and Chuda Santula will be issued in alternative day.

So the average Calorie of morning diet against Sl. No. B and C 234.8 respectively per prisoner per day is as under:

$$\begin{aligned} &\text{Average Calorie} \\ &233.4 \times 03 = 700.2 \\ &270.50 \times 04 = 1082 \\ &\text{Total } 1782.20 \div 7 = 254.6 \end{aligned}$$

D. Ghuguni (Alternative day)

Item	Quantity	Calorie
Peas	20gm	84
Refined oil	02gm.	18
Condiment	03gm	-
Ginger	3gm	2.01
Onion	02gm	01
Salt	01gm	-
		Total-105.01

E. Dalama (Alternative day)

Item	Quantity	Calorie
Dal	10gm.	33.5
Refine Oil	02 gm.	18
Vegetable	40gm	19
Phutan	02gm.	-
Onion	02gm.	01
Salt	01gm.	-
		Total 71.5

NB:-Ghuguni and Dalma will be issued in alternative day.

So the average Calorie of morning diet against Sl. No. D and E 90.64 respectively per prisoner per day is as under:

Average Caloric

$$105.01 \times 04 = 420.04$$

$$71.5 \times 3 = 214.5$$

$$\text{Total } 634.54 \div 7 = 90.64$$

F. General Diet (Both Mid-day & Evening)

Item	Quantity	Calorie
Rice / Atta	500gm.	1745
Dal (Arhar Dal /Gram Dal/ Moong Dal on alternative day)	80 gm.	268
Salt	15 gm.	-
Refine Oil	20 gm.	180
Onion	05gm.	2.5
Tamarind	05gm.	5.8
Condiment	05gm.	-
Ginger	02gm.	1.3
Vegetables including leafy vegetables	250gm.	119
Fuel	130gms.	
		Total 2321.6

245

G. Protein Diet (Alternative Chicken & Fish on all Sunday)

Item	Quantity	Calorie
Chicken/Fish	150 gm.	163.5
M. Oil	10 gm.	90
Onion	10 gm.	05
Condiment	04 gm.	-
Ginger	02gm.	1.3
Salt	01gm.	-
		Total 259.8

So the average Calorie of protein diet against Sl. No. E is $37.1(259.8 \div 7)$ per prisoner per day.

H. Egg Diet for each Wednesday

Item	Quantity	Calorie
Egg	2 nos.	173
M. oil	10gm.	90
Condiment	05gm	-
Total		263

So the average Calorie of Egg diet against Sl. No. F is $37.6(263 \div 7)$ per prisoner per day .

N.B. - The Vegetarian Prisoners may be provided sweets at equal value of Non-Veg menu i.e against Sl.No. H and I

I. Soya (Thursday except last Thursday)/Paneer (on the last Thursday) of each month)

Sl No	Item	Quantity	Calorie
i)	Soya/Paneer	50 gm.	174
ii)	Refined Oil	10 gm.	90
iii)	Condiment	05 gm.	-
iv)	Ginger	05gm.	3.4
v)	Salt	02gm.	-
			Total 267.4

So the average calorie of Soya/Paneer diet against Sl. No. G is $38.2(267.4 \div 7)$ per prisoner per day.

J. Total calorie per prisoner per day

Sl No	Menu	Calorie
i)	Tea	37
ii)	Morning Diet	254.6
iii)	Ghuguni/ Dalama	90.64
iv)	General Diet	2321.6
v)	Chicken/Fish(protein diet)	37.1
vi)	Egg(protein diet)	37.6
vii)	Soya/Paneer Diet	38.2
	TOTAL	2816.74