

HOME SCIENCE PRACTICAL

CLASS – 12

Date: 27/06/2020

UNIT II NUTRITION, FOOD SCIENCE AND TECHNOLOGY

Exp : 3 Planning a menu for a school canteen or mid-day meal in school for a week.

MID-DAY MEAL IN BOARDING SCHOOL

WEEKLY MENU – DAY WISE MENU

Monday	Plain Rice, Mixed Vegetable Curry, Onion and Lentils Soup, Rohu Fish Curry, Mango Chutney
Tuesday	Plain Rice – Green Banana Curry , Moong Dal, Green leafy vegetables, Tomato Chutney and
Wednesday	Plain Rice, Mixed Vegetable Sambar, Potato fry, Egg Curry,
Thursday	Plain Rice , , Bitter gourd curry, Soyabean curry, Urad Dal, Papaya Chutney
Friday	Khichdi, Fried Potato, Fried Brinjal, Fried Parse Fish Mixed vegetable curry Amsatta and Khejur Chutney, Papad
Saturday	Fried rice, Chilli Chicken Curry, Raita

Note : Write as it is in Practical File