APPENDIX III

Menu

Monday Khichri Fenugreek and Cauliflower Guava Buttermilk Tuesday Roti Mothbeans, Redgram dhal and Fenugreek Banana Buttermilk Wednesday Khichri Brinjal and cabbage Pappayya Buttermilk Thursday Debra Mothbeans and Redgram dhal Sapota Buttermilk Friday Poora Brinjal and fenugreek Pappayya Buttermilk Saturday Dhokla Tamarind chutney Cabbage and red tomatoes Buttermilk