



## NO HUNGRY CHILD

*"No Child should go to bed hungry"*

30, Surveyor Street, DVG Road,  
Basavanagudi, Bangalore – 560004

Phone: 08041-493-493

Mail: [mail@nohungrychild.co.in](mailto:mail@nohungrychild.co.in)

Website: [nohungrychild.in](http://nohungrychild.in)



## NUTRITIOUS MEAL PROGRAM – WEEKLY MENU

**For NGOs implementing the No Hungry Child Program in Andhra Pradesh & Telangana**

**Purpose.** This menu provides a practical seven-day rotation for approximately 100 children. It is designed around familiar Andhra Pradesh and Telangana foods while deliberately combining cereals/millets, pulses, vegetables, fruits and other protein-rich foods. ICMR–National Institute of Nutrition guidance emphasizes variety across cereals/millets, pulses, vegetables, fruits and protein sources in children's diets. 穀cite學turn0search24傢

### MEAL MODEL

Two main meals will be served each day — either Breakfast + Lunch OR Lunch + Evening Snack — according to the centre's approved operating schedule. The menu below gives a complete weekly rotation so the NGO can plan procurement and kitchen production consistently.



## NO HUNGRY CHILD

*"No Child should go to bed hungry"*

30, Surveyor Street, DVG Road,  
Basavanagudi, Bangalore – 560004

Phone: 08041-493-493

Mail: mail@nohungrychild.co.in

Website: nohungrychild.in

## 1. Weekly Menu – Andhra Pradesh & Telangana ( Sample ) For other states it will be customised

| Day       | Breakfast                                                      | Lunch                                                                            | Evening Snack                                      |
|-----------|----------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------|
| Monday    | Ragi dosa + groundnut chutney + banana                         | Rice + mudda pappu / tomato dal + vegetable sambar + beans/carrot poriyal + curd | Roasted chana / boiled groundnuts + seasonal fruit |
| Tuesday   | Idli + sambar + peanut chutney                                 | Rice + spinach dal (palakura pappu) + vegetable curry + rasam + curd             | Boiled sweet corn / steamed sundal                 |
| Wednesday | Vegetable upma with rava/millet + boiled egg* + seasonal fruit | Rice + sambar + bottle gourd/beans curry + dal + curd                            | Banana + roasted chana / peanut mix                |
| Thursday  | Pesarattu + ginger/peanut chutney + banana                     | Rice + dal + mixed vegetable curry + leafy-green stir-fry + curd                 | Boiled corn / moong sundal                         |
| Friday    | Vegetable pongal + sambar + seasonal fruit                     | Rice + dal + vegetable kootu/sambar + cabbage/carrot poriyal + curd              | Sprouted green gram sundal / roasted gram + fruit  |
| Saturday  | Dosa / vegetable uthappam + sambar + peanut chutney            | Rice + dal + drumstick/seasonal vegetable curry + rasam + curd                   | Boiled sweet potato / groundnut sundal             |
| Sunday    | Vegetable poha / aval upma + boiled egg* + banana              | Vegetable rice / mild chicken or egg curry* + dal + vegetable side + curd        | Fruit bowl + roasted chana / peanuts               |

## 2. What Every Meal Should Achieve

- **Cereal or millet base:** Rice, ragi, jowar, bajra, poha, wheat/rava and other locally accepted staples should be rotated rather than relying on rice alone.
- **Protein every day:** Dal/pulses, chana, green gram, cowpea, groundnuts and, where approved, egg/fish/chicken should appear regularly. NIN's child menu examples combine cereals with pulses/animal-source foods and vegetables. 穀cite學turn0search24傢
- **Vegetables daily:** Include at least one substantial vegetable preparation at lunch, with leafy greens rotated through the week.
- **Fruit regularly:** Use affordable seasonal fruits such as banana, guava, papaya, orange/mosambi or watermelon depending on local availability.
- **Fermented / dairy foods:** Idli/dosa and curd are useful culturally familiar options; curd can be served regularly when feasible.



## NO HUNGRY CHILD

*"No Child should go to bed hungry"*

30, Surveyor Street, DVG Road,  
Basavanagudi, Bangalore – 560004

Phone: 08041-493-493

Mail: [mail@nohungrychild.co.in](mailto:mail@nohungrychild.co.in)

Website: [nohungrychild.in](http://nohungrychild.in)

- **Healthy fats:** Use reasonable quantities of oil/ghee and include groundnuts, sesame or other locally appropriate nuts/seeds where suitable.
- **Hydration & hygiene:** Safe drinking water, handwashing, clean utensils, safe food storage and hygienic preparation are non-negotiable.

### 3. Portion & Nutrition Guidance for the NGO

**The exact portion size must be age-appropriate.** The NGO should not use one identical portion for a 4-year-old and a 14-year-old. The kitchen should establish age bands and serving ladles/cups so portions remain consistent. ICMR-NIN's published child menu examples specify raw-ingredient quantities by food group and combine cereals/millets with pulses, vegetables, fruits and fats. 穀cite學turn0search24傢

- Use a practical three-part plate: cereal/millet + protein-rich pulse/egg option + vegetables, with fruit/curd added according to the day's plan.
- Keep breakfast substantial enough to function as a true meal, not merely tea and biscuits.
- Evening snacks should be food-based: chana, sundal, groundnuts, corn, sweet potato, fruit or similar items rather than packaged chips, sugary drinks or confectionery.
- Keep added sugar low and avoid making sweetened drinks a routine part of the program.
- Use iodised salt and avoid excessive salt, deep-frying and ultra-processed foods.
- Menus should be adjusted for allergies, medical/dietary restrictions and local cultural requirements after beneficiary identification.

### 4. Suggested Procurement Basket for 100 Children

**For planning purposes, the NGO should build its weekly procurement around the following categories.** Actual quantities should be calculated from the approved number of children, age mix, serving sizes, menu cycle and local prices.

| Category         | Recommended basket                                                                                                            |
|------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Staples          | Rice, ragi, jowar, bajra, wheat/rava, poha/aval, millets.                                                                     |
| Pulses & protein | Toor dal, moong dal, chana, black gram, cowpea, rajma where suitable, groundnuts, eggs and other approved protein sources.    |
| Vegetables       | Leafy greens, tomato, carrot, beans, bottle gourd, ridge gourd, cabbage, drumstick, pumpkin, brinjal and seasonal vegetables. |
| Fruit            | Banana plus 2–4 locally available seasonal fruits rotated through the month.                                                  |



## NO HUNGRY CHILD

*"No Child should go to bed hungry"*

30, Surveyor Street, DVG Road,  
Basavanagudi, Bangalore – 560004

Phone: 08041-493-493

Mail: [mail@nohungrychild.co.in](mailto:mail@nohungrychild.co.in)

Website: [nohungrychild.in](http://nohungrychild.in)

---

|                    |                                                                        |
|--------------------|------------------------------------------------------------------------|
| Dairy              | Curd/milk where feasible and appropriate.                              |
| Cooking essentials | Vegetable oil, limited ghee, iodised salt and basic spices.            |
| Snack ingredients  | Chana, moong, groundnuts, corn, sweet potato, poha and seasonal fruit. |

## 5. Implementation Note for Partner NGOs

**The objective is not simply to serve calories.** The kitchen must deliver a reliable, culturally familiar and nutritionally balanced meal program. Menus may be changed for seasonal availability or local preferences, but the replacement should preserve the same nutrition intent: a staple + protein-rich food + vegetables, with fruit/curd and healthy snacks incorporated across the week.

*For children with specific medical, allergy or dietary requirements, the NGO should obtain appropriate professional guidance rather than making therapeutic diet changes on its own.*

## 6. Nutrition Reference

This menu framework has been developed with reference to the ICMR–National Institute of Nutrition Dietary Guidelines for Indians (2024), which provides child menu examples using cereals/millet, pulses or animal-source proteins, vegetables, fruits and appropriate fats. 穀cite學turn0search24傢 It is an operational menu framework for the No Hungry Child Program, not an individual medical diet prescription.

For NO HUNGRY CHILD

Authorised Signatory