**Creche - Sample diet charts**

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| Meal | **Time** | **Age (yrs.)** | **Name of the dish** |
| Breakfast | 9:00-9:30 am | 6 Months -3 year3+ | Milk and *Suji Kheer*Suji Halwa |
| Lunch | 12:00-12:30 pm | 6 Months- 3 year3+ | Nutritious *Dalia/ Khichdi with vegetables and soya keema* Nutritious *Dalia/ Khichdi with vegetables and soya keema /Roti / Rice*  |
| Evening Snack | 3:30-4:00 pm | 6 Months- 3 year3+ | milk Groundnuts, roasted chana/boiled chana, jaggary and groundnuts, banana |

**Special Diet (Birthday and celebration)**

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| **Menu** | **Ingredients** |
| Banana | Banana |
| Cereal Mix | Roasted wheat, rice, chana and sugar |
| Roasted Chana | Chana |
| Cake  | Dry cake / Creamy cake  |
| Biscuits  | Parle G Biscuits / Moms magic  |
| Toffees  | Cadbury Eclairs  |
| Juice  | Apple, Orange, Mango juice |
| Biscuit  | Biscuit |
| Toffee | Toffee  |