

Rajasthan State Sports Council

Sawai Mansingh Stadium, Jaipur

Menu Chart

Prescribed for the players participating in Central/Tribal Coaching Camp in
May and June, 2015-16

Morning Tea	6.00 AM to 6.20 AM	1. One Cup of tea 150 ML.
		2. Two Biscuit glucose (Parle-G)
Break Fast	8.30 AM to 9.30 AM.	1. Sweet Dalia of wheat 50g. (Dry)
		2. Sprouted gram 30 gm.
		3. Sweet Milk 200 ml.
		4. Bread Slices 4 with 20g. Butter/Gem (2 pcs each).
		5. Two Awala muraba 100gram/ 2 Boiled Eggs.
		6. 100g. Jalebi (Sunday only)
Lunch	12.30 PM to 1.30 PM.	1. Tandoori Roti/Chapati
		2. Rice Basmati
		3. Dal/Curry
		4. Curd 100g.
		5. Green Vegetable
		6. Salad (Onion, Tomatto, Lemon, Green Chilly etc.)
		7. Fruit 150g.
		8. Papar
		9. Achar (Mix)
Evening Tea	4.00 PM	1. One Cup of tea 150 ML.
		2. Two Biscuit glucose (Parle Namkeen)
Dinner	8.00 PM to 9.30 PM	1. Tandoori Roti/Chapati
		2. Rice Basmati
		3. Dal
		4. Green Vegetable
		5. Salad (Onion, Tomatto, Lemon, Green Chilly etc.)
		6. Papar
		7. Sweet/Ice Cream 100g.
		8. Three times a week. (i) For Non-Veg. meat 150g. (Two times in a week Chicken and One time in a week mutton.) (ii) For Veg. Malai Kofta or matar paneer 150g.

Signature of the Contractor