

# What Does My Meal Plan Look Like?

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## Food Menu

### About Food Menu

The camp's food menu offers volunteers a varied assortment of continental and Asian food, with a particular stress on traditional Indian vegetable dishes and Indian preparation styles.

The menu rotates every two weeks (14 days) in order to ensure an appropriate amount of variety in the food. The detailed, meal-by-meal menu may be reviewed below.

We encourage frequent feedback on the quality of food and preparation. Please feel free to speak to the camp manager or directly to the cooks about the food that is served.

### Protein and Vegetarian Diets

The food menu is vegetarian. Many people who are not accustomed to a vegetarian diet are usually concerned that they are not getting enough protein. This is of course understandable since meat dishes are generally the main source of protein in a non-vegetarian diet.

However vegetarian diets include alternative, usually healthier, ways of getting your needed protein. **A well balanced vegetarian diet, such as the menu at the camp, has as much protein as any non-vegetarian diet.**

**Beans, lentils, chickpeas, nuts, eggs, and paneer** (*cottage cheese*) - which appear several times a day in the camp's menu - are excellent and highly nutritious sources of protein. To get your needed protein, please be sure to regularly enjoy these types of food.

## Nutritional Information

Leading nutritional experts suggest that the following types of food be consumed daily, in the appropriate portions. The camp's food menu is designed in order to ensure that all of these food groups are regularly served throughout each day.



### **Grains** (6 servings)

*Examples:* Rice, Cereal, Bread, Pasta



### **Vegetables** (3 servings)

*Examples:* Spinach, Tomatoes, Cauliflower



### **Fruits** (2 servings)

*Examples:* Papaya, Bananas, Mangos, Melons



### **Dairy** (3 servings)

*Examples:* Milk, Cheese, Butter



### **Nuts & Beans** (2 servings)

*Examples:* Chickpeas, Lentils, Nuts

Please refer to these symbols on the *I dex Camp Daily Food Menu* regarding the food groups of the dishes served.

# Daily Food Menu

## Breakfast

## Lunch

## Dinner

Day

1

Monday

- Cinnamon Porridge 🍞  
🥛
- Toast with Butter and Jam 🍞 🥛 🍓 🍌
- Boiled Eggs 🥚
- Bananas 🍌

- Chole (Chickpeas/Onions/Tomatoes Dish) 🍲 🥬 🍅
- Seasonal Green Vegetable Dish (Varies) 🍲
- Chapatti 🍞
- Pulao (Indian Rice Dish) 🍲
- Green Salad 🥬 and Seasonal Fruits (Varies) 🍌

- Spride Beans 🍲
- Jeera Aloo (Cumin Potato Dish) 🍲
- Chapatti (Indian Bread) 🍞
- Vegetable Noodles 🍲
- Green Salad 🥬
- Chicken / Mutton/Fish curry 🍲

## Breakfast

## Lunch

## Dinner

Day

2

Tuesday

- Scrambled Eggs 🥚
- Toast with Butter and Jam 🍞 🥛 🍓 🍌
- Papaya 🍌

- Rajma (Red Beans) and Plain Rice 🍲 🍞
- Seasonal Green Vegetable Dish (Varies) 🍲
- Chapatti 🍞
- Green Salad 🥬 and Seasonal Fruits (Varies) 🍌

- Vegetable Soup 🍲
- Paneer ki Subji (Cottage Cheese Dish) 🍲 🥛
- Seasonal Green Vegetable Dish (Varies) 🍲
- Chapatti (Indian Bread) 🍞
- Rice Pudding 🍲 and Papad (Lentil's Chips) 🍲
- Semolina pudding (Suji Halwa) 🍲 🥛

## Breakfast

## Lunch

## Dinner

Day




















3





















Wednesday


















- Cornflakes and Milk 🍲 🥛
- Toast with Butter and Jam 🍞 🥛 🍓 🍌
- Omelet 🥚
- Seasonal Fruits (Varies) 🍌

- Channa Dal (Lentils) 🍲
- Seasonal Green Vegetable Dish (Varies) 🍲
- Plain Paratha 🍞
- Veg macaroni 🍲
- Green Salad 🥬 and Bananas 🍌

- Seasonal Green Vegetable Dish (Varies) 🍲
- Green Salad 🥬
- Chicken/ Mutton/Fish Curry 🍲
- Plain Rice 🍲
- Chapatti (Indian Bread) 🍞

|                 | <u>Breakfast</u>  | <u>Lunch</u>   | <u>Dinner</u>  |
|-----------------|---|--|--|
| <b>Day</b>      |   |  |  |
| <b>4</b>        | <ul style="list-style-type: none"> <li>Half-Fried Eggs </li> <li>Toast with Butter and Jam   </li> <li>Seasonal Fruits (<i>Varies</i>) </li> </ul> | <ul style="list-style-type: none"> <li>Sabut Mung (Lentils) </li> <li>Lodki Dish </li> <li>Chapatti (Indian Bread) </li> <li>Vegetable Noodles </li> <li>Green Salad  and Papaya </li> </ul> | <ul style="list-style-type: none"> <li>Aloo Mutter (Potato Peas Dish)  </li> <li>Sweet tomato chutney </li> <li>Garlic naan) </li> <li>Pulao with Vegetables (Indian Rice Dish)  </li> <li>Green Salad </li> <li>Rice Milk Pudding </li> </ul> |
| <i>Thursday</i> |   |  |  |

















|               | <u>Breakfast</u>   | <u>Lunch</u>  | <u>Dinner</u>   |
|---------------|--|---|---|
| <b>Day</b>    |  |   |   |
| <b>5</b>      | <ul style="list-style-type: none"> <li>Fruit Porridge  </li> <li>Toast with Butter and Jam   </li> <li>French toast </li> <li>Bananas </li> </ul> | <ul style="list-style-type: none"> <li>Sabut Urad (Lentils) </li> <li>Spinach cheese (Cottage Cheese, Spinach Dish)  </li> <li>Chapatti (Indian Bread) </li> <li>Fried Rice  </li> <li>Green Salad  and Seasonal Fruits (<i>Varies</i>) </li> </ul> | <ul style="list-style-type: none"> <li>Chicken/ Mutton/ Fish curry) </li> <li>Seasonal Green Vegetable Dish (<i>Varies</i>) </li> <li>Chapatti (Indian Bread) </li> <li>Plain Rice </li> <li>Green Salad </li> </ul> |
| <i>Friday</i> |  |   |   |



















|                 | <u>Breakfast</u>   | <u>Lunch</u>  | <u>Dinner</u>   |
|-----------------|--|---|---|
| <b>Day</b>      |  |   |   |
| <b>6</b>        | <ul style="list-style-type: none"> <li>Aloo Pyaz Paratha (Potato Onion Bread/Pancakes)   </li> <li>Fruit Lassi </li> <li>Papaya </li> </ul> | <ul style="list-style-type: none"> <li>Dal Fry (Lentils) </li> <li>Mixed Vegetable Dish (<i>Varies</i>)  </li> <li>Chapatti (Indian Bread) </li> <li>Plain Rice </li> <li>Green Salad  and Seasonal Fruits (<i>Varies</i>) </li> </ul> | <ul style="list-style-type: none"> <li>Tomato Soup </li> <li>Gutta Curry </li> <li>Pumpkin Masala </li> <li>Lachha Paratha (Indian Bread) </li> <li>Plain Rice </li> </ul> |
| <i>Saturday</i> |  |   |   |





|               | <u>Breakfast</u>  | <u>Lunch</u>   | <u>Dinner</u>  |
|---------------|---|--|--|
| <b>Day</b>    |   |  |  |
| <b>7</b>      |   |  |  |
| <i>Sunday</i> | <ul style="list-style-type: none"> <li>• Plain Parantha ( Indian Bread) 🍞</li> <li>• Toast with Butter and Jam 🍞 🥛 🍌</li> <li>• Egg Bhurji ( Scramble eggs curry) 🍳 🥛</li> <li>• Seasonal Fruits (<i>Varies</i>) 🍌</li> </ul> | <ul style="list-style-type: none"> <li>• Kale Chane (Lentils) 🍃</li> <li>• Puloa with Vegetables (Indian Rice Dish) 🍛 🍌</li> <li>• Sweet Tomato Chutney 🍅</li> <li>• Puri (Indian Bread) 🍞</li> <li>• Green Salad 🥗 and Bananas 🍌</li> </ul> | <ul style="list-style-type: none"> <li>• Mixed Dal (Lentils) 🍃</li> <li>• Seasonal Green Vegetable Dish (<i>Varies</i>) 🍃</li> <li>• Garlic Naan 🍞 (Indian Bread)</li> <li>• Milk Rice Pudding 🥛</li> <li>• Chicken/ Mutton/ Fish curry) 🍲</li> <li>• Green Salad 🥗</li> </ul> |

|               | <u>Breakfast</u>  | <u>Lunch</u>   | <u>Dinner</u>  |
|---------------|---|--|--|
| <b>Day</b>    |   |  |  |
| <b>8</b>      |   |  |  |
| <i>Monday</i> | <ul style="list-style-type: none"> <li>• Fruit Pancakes 🍞 🥛 🍌</li> <li>• Toast with Butter and Jam 🍞 🥛 🍌</li> <li>• Boiled Eggs 🍳 🥛</li> <li>• Seasonal Fruits (<i>Varies</i>) 🍌</li> </ul> | <ul style="list-style-type: none"> <li>• Rajma (Red Beans) 🍃 and Plain Rice 🍛</li> <li>• Seasonal Green Vegetable Dish (<i>Varies</i>) 🍃</li> <li>• Chapatti (Indian Bread) 🍞</li> <li>• Green Salad 🥗 and Papaya 🍌</li> </ul> | <ul style="list-style-type: none"> <li>• Vegetable Soup 🍲</li> <li>• Chicken/Mutton/Fish Curry 🍲</li> <li>• French Fries/Chips 🍌</li> <li>• Seasonal Green Vegetable Dish (<i>Varies</i>) 🍃</li> <li>• Chapatti (Indian Bread) 🍞 and Plain Rice 🍛</li> </ul> |

|                | <u>Breakfast</u>   | <u>Lunch</u>  | <u>Dinner</u>  |
|----------------|--|---|--|
| <b>Day</b>     |  |   |  |
| <b>9</b>       |  |   |  |
| <i>Tuesday</i> | <ul style="list-style-type: none"> <li>• Milk Porridge 🍞 🥛</li> <li>• Toast with Butter and Jam 🍞 🥛 🍌</li> <li>• Half-Fried Eggs 🍳 🥛</li> <li>• Bananas 🍌</li> </ul> | <ul style="list-style-type: none"> <li>• Urad Dal (Lentils) 🍃</li> <li>• Seasonal Green Vegetable Dish (<i>Varies</i>) 🍃</li> <li>• Missi Rotti (Mixed Indian Bread) 🍞</li> <li>• Vegetable Noodles 🍝</li> <li>• Green Salad 🥗 and Seasonal Fruits (<i>Varies</i>) 🍌</li> </ul> | <ul style="list-style-type: none"> <li>• Sanbhar Dal (Lentils) 🍃</li> <li>• Idly and plan Dosa 🍌</li> <li>• Mixed Vegetable Dish (<i>Varies</i>) 🍃</li> <li>• Chapatti (Indian Bread) 🍞</li> <li>• Green Salad 🥗</li> <li>• Gulgule ( Sweet batter) 🍌</li> </ul> |

|            | <u>Breakfast</u>  | <u>Lunch</u>   | <u>Dinner</u>  |
|------------|---|--|--|
| <b>Day</b> |   |  |  |
| <b>10</b>  | <ul style="list-style-type: none"> <li>French toast </li> <li>Toast with Butter and Jam   </li> <li>Papaya </li> </ul> | <ul style="list-style-type: none"> <li>Seasonal Green Vegetable Dish (<i>Varies</i>) </li> <li>Chapatti </li> <li>Vegetable Sandwiches  </li> <li>Green Salad  and Seasonal Fruits (<i>Varies</i>) </li> </ul> | <ul style="list-style-type: none"> <li>Seasonal Green Vegetable Dish (<i>Varies</i>) </li> <li>Sabut Masoor Dal (Lentils) </li> <li>Chapatti </li> <li>Plain Rice </li> <li>Chicken/Mutton/Fish Curry </li> </ul> |

|            | <u>Breakfast</u>   | <u>Lunch</u>  | <u>Dinner</u>  |
|------------|--|---|--|
| <b>Day</b> |  |   |  |
| <b>11</b>  | <ul style="list-style-type: none"> <li>Scrambled Eggs </li> <li>Cornflakes and Milk  </li> <li>Seasonal Fruits (<i>Varies</i>) </li> </ul> | <ul style="list-style-type: none"> <li>Kadhi Pakora   <br/>(Fried Vegetables in Chickpea Powder and Curry)</li> <li>Sweet Tomato Chutney </li> <li>Chapatti (Indian Bread) </li> <li>Plain Rice </li> <li>Green Salad  and Bananas </li> </ul> | <ul style="list-style-type: none"> <li>Tomato soup </li> <li>Seasonal Green Vegetable Dish (<i>Varies</i>) </li> <li>Vegetable Biryani </li> <li>Garlic Naan </li> <li>Veg Pizza </li> <li>Green Salad </li> </ul> |

|            | <u>Breakfast</u>   | <u>Lunch</u>   | <u>Dinner</u>  |
|------------|--|--|--|
| <b>Day</b> |  |  |  |
| <b>12</b>  | <ul style="list-style-type: none"> <li>Egg Bhurji (Scrambled Egg Curry) </li> <li>Plain Paratha (Indian Bread) </li> <li>Fruit Lassi </li> <li>Seasonal Fruits (<i>Varies</i>) </li> </ul> | <ul style="list-style-type: none"> <li>Mung Dal (Lentils) </li> <li>Aloo Pyaz ki Subji (Potato Onion Dish) </li> <li>Garlic Naan (Indian Bread) </li> <li>Green Salad  and Papaya </li> </ul> | <ul style="list-style-type: none"> <li>Chapatti (Indian Bread) </li> <li>Plain Rice </li> <li>Mixed Vegetable Dish (<i>Varies</i>)  </li> <li>Papad (Lentils Chips) </li> <li>Green Salad </li> <li>Chicken/Mutton/Fish Curry </li> </ul> |

|            | <u>Breakfast</u>   | <u>Lunch</u>  | <u>Dinner</u>   |
|------------|--|---|---|
| <b>Day</b> |  |   |   |
| <b>13</b>  | <ul style="list-style-type: none"> <li>Fruit Pancakes   </li> </ul> | <ul style="list-style-type: none"> <li>Sabut Chanwle (Kidney Beans) </li> <li>Seasonal Green Vegetable Dish (<i>Varies</i>) </li> </ul> | <ul style="list-style-type: none"> <li>Vegetable Soup </li> <li>Vegetable Noodles  </li> <li>Seasonal Green </li> </ul> |

Saturday

- Toast with Butter and Jam 🍞🥛🍌
- Bananas 🍌

- 🍞  
• Chapatti (Indian Bread) 🍞
- Green Salad 🥗 and Seasonal Fruits (Varies) 🍌

- Vegetable Dish (Varies) 🍌
- Chapatti 🍞 and Plain Rice 🍌
- Semolina Pudding ( Suji halwa) 🍌

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**Breakfast**

**Lunch**

**Dinner**

Day

- Omelet 🍳
- Toast with Butter and Jam 🍞🥛🍌
- Papaya 🍌

- Matar Dal (Lentils) 🍲
- Seasonal Green Vegetable Dish (Varies) 🍌
- 🍞  
• Puri (Indian Bread) 🍞
- Green Salad 🥗 and Seasonal Fruits (Varies) 🍌

- Chicken/ Mutton/Fish Curry 🍲
- Seasonal Green Vegetable Dish (Varies) 🍌
- 🍌  
• Plain Rice 🍌
- Chapatti (Indian bread) 🍞
- Green Salad 🥗

14

Sunday

**Please Note: on birthdays of any volunteers at camp. Cake will be prepared.**