

FOOD.

Before 2009-10 the Raw ration was purchased through contract and prisoners were cooked the food in the prison kitchen, therefore the food was tasteless and un-hygienic. After 2009-10, for providing of good quality of food to the prison inmates, Dietary System has been out sourced and cooked food supplied to the prisoners through contract on yearly basis. The budget for dietary charges has been increased from Rs.236 million to Rs.652.357 million. Average rate per prisoner per day during the year 2013-14 was Rs.143/-.

The prescribed diet, menu and scale is appended below for perusal.

DAY	BREAK FAST	MID-DAY	EVENING
Monday	(1) Wheat Flour (2) Milk Packed (3) Cooking Oil (4) Tea Leaves (5) Sugar (6) Egg (7) Potato (8) Salt (9) Red Chili Monday to Sunday (All 7 days in a week)	<u>Dal Moong</u> with Tomatoes, Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.	<u>Beef without Bone curry</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.
Tuesday		<u>Mixed Seasonal Vegetable</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.	<u>Dal Masoor</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.
Wednesday		<u>Chicken curry</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.	<u>Potatoes curry</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.
Thursday		<u>Dal Gram</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.	<u>Mixed Seasonal Vegetable</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.
Friday		<u>Chicken curry</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.	<u>Dal Moong</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.
Saturday		<u>Potatoes curry</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.	<u>Dal Gram</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.
Sunday		<u>Chicken curry</u> with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chilli) powder, condiments and iodized salt.	<u>Pulao with Gram whole or Potatoes</u> , with Tomato Onion, garlic, ginger, (Coriander, Turmeric, red chili) powder, condiments and iodized salt.

- Note:- (1) One Egg boiled per head daily from 1st November to February (for 4 months), Potato Bhujia from 1st March to 31st October (for 8 months).
- (2) Tea in the evening daily according to existing scale of breakfast, may be issued about 2 hours before the evening prayer or 1 hour before lockup of prison.

WEEKLY TURNS

Chicken	=3	Vegetable	=2
Dal Moong	=2	Beef	=1
Dal Gram	=2	Dal Masoor	=1
Potato	=2	Pulao	=1

Total Weekly Turns: 14

- **Extra diet to the prisoners:**

Items: Milk, Sugar, Seasonal Fruit, Rice Salt & Cooking Oil

Categories of prisoners:

- Pregnant women.
- Nursing mothers.
- Children under 12 months.
- Children over 12 months upto 18 months.
- Children over 18 months upto 6 years.

DIET FOR SPECIAL DAYS

Days : Eid-ul-Fitr
Eid-ul-Aza
Eid Millad-un-Nabi
23rd March
14th August

Dishes: Sweet Dish with regular break fast.
Chicken Biryani in mid day meal.
Chicken Roti in evening meal.

Special Diet to Non-Muslims prisoners on their festival:

Christian,
Hindu,
Sikh,