Subject:- Introduction of new and healthy food items in the Departmental Canteens located in Central Government Offices.

As a measure of staff welfare, Departmental Canteens functioning from Central Government Offices/Establishments are providing beverages, snacks and meals to the employees. An illustrative list of vegetarian items of menu has been provided vide para 1.10 of Administrative Instructions on Departmental Canteens in Government Offices and Industrial Establishments (copy enclosed). In addition to this Departmental Canteen may like to introduce certain healthy/light and nutritious snacks. An illustrative list is given below:-

i. Different type of vegetable soups;
ii. Bonda
iii. Dhokla
iv. Khakhra
v. Poha
vi. Matar Chatt
vii. Pao Bhaji
viii. Veg Upma
ix. Sprouts
x. Patties
xi. Muffins
xii. Mishti Dahi
xiii. Soya Snacks
xiv. Plain Dahi
xv. Nimbu Pani
xvi. Lassi/Chaaj
xvii. Ice-cream
xviii. Shrikhand

Contd.2/-
2. Items of snacks/beverages/meals may be selected by respective Managing Committee of Departmental Canteens depending on local needs and tastes of customers. All Ministries/Departments are requested to introduce hygienic and healthy food in Departmental Canteens functioning under them.

(Pratima Tyagi)
Director (Canteens)
Tel: 24624722

To,

1. All Ministries/Departments of the Government of India as per standard list. (Director/Deputy Secretaries Incharge, Administrative Division/Wing as per standard list).
2. President’s Secretariat, Rashtrapati Bhawan, New Delhi.
3. Cabinet Secretariat, New Delhi.
4. Director(Admin.), DOPT, North Block, New Delhi.
5. Comptroller & Auditor General of India, New Delhi.
6. Director of Audit, Central Revenue, New Delhi.
8. Supreme Court of India, Tilak Marg, New Delhi.
9. Controller General of Defence Accounts, Ulan Batar Road, Palam, Delhi Cantt.
10. Administrator all Union Territories as per standard list.
11. Office of the Joint Secretary (Trg.), and CAO, Ministry of Defence, C-II, Hutments, Dalhousie Road, New Delhi-110011.
12. Section Officer (Canteens), DOPT, Lok Nayak Bhawan, New Delhi (with 20 spare copies).

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GOVERNMENT OF INDIA

ADMINISTRATIVE INSTRUCTIONS ON DEPARTMENTAL CANTEENS IN GOVERNMENT OFFICES AND INDUSTRIAL ESTABLISHMENTS

THIRD EDITION 2008

DEPARTMENT OF PERSONNEL AND TRAINING MINISTRY OF PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS, NEW DELHI
1.10 Menus

**Vegetarian.** The actual menus may be decided and adopted by the managing committees keeping in view the local needs and tastes of the customers. Adequate variety in preparations may be rotated as desired by the beneficiaries. An illustrative list of vegetarian items of menu is given hereunder:

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Lunch</th>
<th>Snacks</th>
<th>Sweets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>Chapati</td>
<td>*Bonda</td>
<td>Burfi</td>
</tr>
<tr>
<td>Cold Coffee</td>
<td>Curd</td>
<td>Butter-toast</td>
<td>Besan Burfi</td>
</tr>
<tr>
<td>Cold Drinks</td>
<td>Dal</td>
<td>*Dosa</td>
<td>Besan Ladoo</td>
</tr>
<tr>
<td>Lassi</td>
<td>Fruits</td>
<td>*Idli</td>
<td>Coconut Burfi</td>
</tr>
<tr>
<td>Milk Shake</td>
<td>Puri</td>
<td>Matthi</td>
<td>Ladoo</td>
</tr>
<tr>
<td>Mango-Shake</td>
<td>Raita</td>
<td>Paneer Pakora</td>
<td>Pinnee</td>
</tr>
<tr>
<td>Rooh-afza</td>
<td>Rice</td>
<td>Samosa</td>
<td>Gulab Jamun</td>
</tr>
<tr>
<td>Tea</td>
<td>Sabzi</td>
<td>*Vada</td>
<td>Gajar-Halwa</td>
</tr>
<tr>
<td></td>
<td>Sambar</td>
<td>Vegetable Cutlet</td>
<td>Patisa</td>
</tr>
<tr>
<td></td>
<td>Soup</td>
<td></td>
<td>Rasgulla</td>
</tr>
<tr>
<td></td>
<td>Sweat-dish</td>
<td>Vegetable Sandwich</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetable</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salad</td>
<td>Vegetable-Pakora</td>
<td></td>
</tr>
</tbody>
</table>

**Note: (i)** Coconut Chutney and Sambar may be served as part of fare.