

वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्
COUNCIL OF SCIENTIFIC & INDUSTRIAL RESEARCH
अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली-110 001
Anusandhan Bhawan, 2, Rafi Marg, New Delhi- 110 001



सां/No. : 5-1(17)/2008-PD

Dated 25.01.2023

प्रेषक / From : संयुक्त सचिव (प्रशासन)
Joint Secretary (Admn.)

सेवा में / To : सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान
The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units

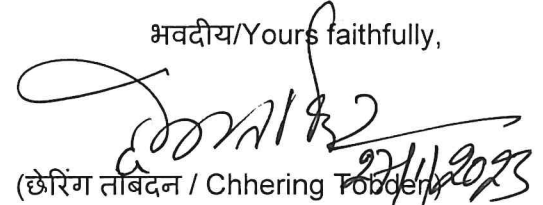
विषय/ Sub : Incorporate millets as part of Canteen menu- reg.

महोदया/Madam / महोदय/Sir,

मुझे, उपरोक्त विषय पर सचिव, स्वास्थ्य एवं परिवार कल्याण विभाग, स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार के दिनांक 09.01.2023 के अर्धशासकीय पत्र सं P.15025/100/2022-FR को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है।

I am directed to forward herewith the Secretary, Department of Health and Family Welfare, Ministry of Health and Family Welfare, Government of India, D.O letter No. P.15025/100/2022-FR dated 09.01.2023 on the above mentioned subject for your information, guidance and compliance.

भवदीय/Yours faithfully,


(छेरिंग तब्देन / Chhering Tobden)

वरिष्ठ उप सचिव (नीति)/ Sr. Deputy Secretary (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- 1) सी.एस.आई.आर. वेबसाइट/ CSIR Website
- 2) कार्यालय प्रतिलिपि/Office copy.

राजेश भूषण, आईएएस
सचिव

RAJESH BHUSHAN, IAS
SECRETARY



भारत सरकार
स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
Government of India

Department of Health and Family Welfare
Ministry of Health and Family Welfare

D.O. No. P. 15025/100/2022-FR

9-1-2023

Dear Secretary,

As you are aware, 2023 has been declared as the "International Year of Millets" (IYoM) by the United Nations General Assembly. Food Safety and Standards Authority of India (FSSAI), under the aegis of this Ministry, has been promoting use of millets as part of a healthy and diverse diet among different sections of people through its "Eat Right India" initiatives.

In this context, FSSAI has prepared a catalogue of millet based recipes for the menu of canteens in this Ministry (copy enclosed). FSSAI has also imparted training to the various employees/food handlers on millet based recipes/dishes. A book with recipes on millets has also been created by FSSAI and same is available in the public domain at <https://fssai.gov.in/flipbook.php?bookid=368#book2/>

In order to encourage people to adopt millets that are indigenous to our Country, it is requested that your ministry and associated departments/bodies may like to incorporate millets as part of their canteen menu. For any queries/help in this regard, Shri Sidhartha Roy, Principal Manager, SBC Division, FSSAI (9717065713, roy.sidhartha@fssai.gov.in) has been appointed as nodal officer in FSSAI.

Warm Regards

Yours sincerely,

Encl.: as above

(Rajesh Bhushan)

Secretary
All Ministries/Departments
Govt of India

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Beverage Tea(hot) /Coffee (hot/cold)	Beverage Tea/Coffee	Beverage Tea/Coffee	Beverage Tea/Coffee	Beverage Tea/Coffee
	<i>Multigrain Cookies*</i>	<i>Ragi Besan biscuit*</i>	<i>Jowar NanKhatai*</i>	<i>Ragi-alsi Khakra *</i>	<i>Baked Bajra-Besan Til Namakparas*/ Multigrain Namakparas*</i>
	Nimbu Pani (fresh)/ Coconut water/Chaach	Nimbu Pani (fresh)/ Coconut water/ Chaach	Nimbu Pani (fresh)/ Coconut water/ Chaach	Nimbu Pani (fresh)/ Coconut water/Chaach	Nimbu Pani (fresh)/ Coconut water/Chaach
	Meal Vegetable Rice flakes Poha with Green Chutney	Meal Vegetable Upma with Coconut Chutney	Meal Vegetable Vermicelli with Tomato Chutney	Meal Veg Idli with sambhar and coconut chutney	Meal Vegetable Dalia/ Grilled vegetable sandwich
	On order Bathua Parantha (in missi roti atta) with curd Vegetable omelette with multigrain toast Fruit/Veg Juice	On order Paneer Parantha (in missi roti atta) with curd Vegetable omelette with multigrain toast Fruit/Veg Juice	On order Gobhi Parthatha (in missi roti atta) with curd Vegetable omelette with multigrain toast Fruit/Veg Juice	On order V. Keema Paratha (in missi roti atta) with curd Vegetable omelette with multigrain toast Fruit/Veg Juice	On order Mixed Veg Parantha (in missi roti atta) with curd Vegetable omelette with multigrain toast Fruit/Veg Juice
Lunch	Rice Chapati /Missi Roti [#] Kadhi Gajar Matar Dry Veg (or any seasonal vegetable) Curd/Onion Tomato Raita	Rice Methi wali missi roti [#] Panchratana Dal Mixed vegetable (or any seasonal vegetable) Curd/Bathua Raita	Rice Methi wali missi roti [#] Channa/ soyabean Curry Palak mushroom/paneer/corn (or any seasonal vegetable) Curd/Ghiya Raita	Nutrella Veg Pulao Makke ki Roti Sarson ka saag Paneer Capsicum(or any seasonal vegetable) Curd/Kheera Raita	Paneer Bajra Pulao Missi Roti [#] Aloo Wadi/Mangodi curry Palak Corn (or any seasonal vegetable) Curd/Bathua Raita
	Salad	Salad	Salad	Salad	Salad
	Beverage Tea/ Coffee	Beverage Tea/Coffee	Beverage Tea/Coffee	Beverage Tea/Coffee	Beverage Tea/Coffee
Evening Tea	<i>MultigrainCookies*</i>	<i>Ragi Besan biscuit*</i>	<i>Jowar Nan Khatai*</i>	<i>Ragi-alsi Khakra *</i>	<i>Baked Bajra-Besan Til Namakparas*/Multigrain Namakparas*</i>
	Meal (Any two option) Veg Sandwich (Multigrain Bread, Paneer and curd dressing)/ Steamed corns/ Fruit Chaat/Chana dal-rava veg idli with Chutney /	Meal (Any two option) Paneer veg wrap (besan, wheat and ragi atta mix)/ Tomato Chana Chaat/ Oats Veg Uttapam with Chutney/	Meal (Any One option) Vegetable Idli(Ragi and rawa) with Chutney/ Sprout Chaat/Rice- Ragi Dosa with Chutney /	Meal (Any One option) Paneer Sandwich (Multigrain Bread)/Dahi Missal (without oil)/ Moong dal Palak Cheela with paneer stuffing and Chutney/	Meal (Any One option) Paneer Kathi Roll/ Khandvi/Fruit Chaat/ Bhel Puri/Veg Uttapam with Chutney/
	<i>Baked Paneer Samosa*</i>	<i>Baked Beetroot Cutlet/Veg Cutlet*</i>	<i>Baked Onion Pakoras*</i>	<i>Multigrain Thin Crust Pizza*</i>	<i>Baked Matar Potli Samosa*</i>
Dessert	Till Besan Barfi in jaggery syrup	Coconut Til Khoya Laddoo	Khajoor nuts laddoo	<i>Baked Jaggery Rasgulla*</i>	Gajar Barfi with Jaggery Syrup

Note:

1. #Automatic roti making machine can be used for preparation of rotis in mass and maintaining safety and hygiene during food preparation.
2. *Baking required Combi-Oven: A combi-oven is a three-in-one oven which allows you to cook with steam, hot air (convection) or a combination of both. This equipment supports in preparation of multiple snacks and meals in healthy and hygienic manner.