


INTEGRATED PROGRAMME FOR SENIOR CITIZEN'S HOME

IMPLEMENTED BY: SWAPNA, AITAPALI, MAYURDIMA, LAIKERA, JHARSUGUDA

WEEKLY FOOD MENU

DAYS	MORNING	BREAKFAST	LUNCH	EVENING	DINNER
MONDAY	Tea, Biscuit	UPama, Dalma, Sweet	Rice, Dal, Veg fry, Tomato Pickle	Tea, Murhi	Rice/Roti, Dal, Veg Mix Curry
TUESDAY	Tea, Biscuit	Chuda Santula, Dry Fruit	Rice, Dal, Santula, Veg fry	Tea , Chuda fry	Rice/Roti, Dalma, Veg Fry
WEDNESDAY	Tea, Murhi	Halwa, Milk, Banana	Rice, Dal, Fish curry, Mix Veg Curry	Tea, Biscuit	Rice/Roti, Veg. Santula, Veg fry
THURSDAY	Tea, Chuda fry	Upama, Dal, Sweet	Rice, Dal, Mix Veg. curry, Veg Fry	Tea, Murhi	Rice/Roti, Dalma, Veg. Fry
FRIDAY	Tea, Biscuit	Chuda Santula, Dry Fruit	Rice, Dal, Egg Curry, Mix Veg. Curry,	Tea, Chuda Fry	Rice/Roti, Santula, Veg. Fry
SATURDAY	Tea, Murhi	Halwa, Milk, Banana	Rice, Dal, Alu Motor, Veg. Fry	Tea, Biscuit	Rice/Roti, Dal, AlooSoya Curry
SUNDAY	Tea, Chuda Fry	Upama, Dal, Sweet	Rice, Dal, Chicken Curry, Mix Veg. curry	Tea Biscuit	Rice/Roti, Dalma, Boiled Egg/Dry fruit


Director
* SWAPNA *