

FOOD MENU

For Senior Citizens Home

DAY	BREAKFAST	LUNCH	EVENING	DINNER
SUN	Chakuli, Matar Curry and Tea	Rice, Dal and Chicken Curry	Tea, Mudhi and Mixture	Rice/Roti, Dalma and Bhaja
MON	Suji Halua and Tea	Rice, Dalma and Bitter Gourd Fry	Tea & Biscuits	Rice/Roti, Dal, Cabbage Recipe
TUE	Chuda Uppama, Matar Curry and Tea	Rice, Dal and Cauliflower Curry	Tea, Mudhi and Mixture	Rice/Roti, Dal, Mix Curry
WED	Tea and Simei Khiri	Rice, Dal and Fish Curry	Tea, Mudhi and Mixture	Rice/Roti, Dal, Raw Papaya Curry
THU	Chakuli and Matar Curry	Rice, Dal and Soya Curry	Tea and Biscuits	Rice/Roti, Dal, Cabbage Chana Dal
FRI	Suji Uppama and Matar Curry	Rice, Dal and Egg Curry	Tea, Mudhi and Mixture	Rice/Roti, Dal, Raw Papaya Curry
SAT	Tea and Simei Khiri	Rice , Dal and Raw Papaya Curry	Tea, Mudhi and Mixture	Rice/Roti, Potato Chana Curry