

FOOD MENU,

SANCHAR OLD SENIOR CITIZEN'S HOME, DONGADHAKEL, RAIGARH, CHHATISGARH

DAYS	TEA 7 A.M.	BREAKFAST 9 A.M.	LUNCH 1.00 P.M.	AFTERNOON TEA & SNACKS 5 P.M.	DINNER 8 P.M.
MONDAY	TEA & BISCUIT	IDLI, CHATNI	RICE, DAL, MIXED VEG	TEA & POHA	RICE DAL & VEG FRY
TUESDAY	TEA & BISCUIT	SUJI UPAMA	RICE DAL, SOYABEAN & POTATO CURRY	TEA & MIXTURE	RICE, DAL, VEG CURRY
WEDNESDAY	TEA & BISCUIT	POHA & SUGAR	RICE, FISH CURRY	TEA & POHA	RICE, DAL & SABJI
THURSDAY	TEA & BISCUIT	IDLI, CHATNI	RICE, DAL, EMLI	TEA, MUDHI	RICE, DAL, VEG FRY
FRIDAY	TEA & BISCUIT	UPAMA, CHANA	RICE, DAL, EGG CURRY	TEA, BISCUIT, MIXTURE	RICE. DAL, VEG CURRY
SATURDAY	TEA & BISCUIT	POHA, SUGAR	RICE, DAL, MIXED VEG	TEA, POHA	RICE, DAL, SABJI
SUNDAY	TEA & BISCUIT	PURI & CHANA	RICE, CHICKEN CURRY	TEA, BISCUIT & MIXTURE	RICE, DAL & SABJI