

KITCHEN DETAILS
SENIOR CITIZEN'S HOME
MAHARSHI DAYANANDA SERVICE MISSION
GOVINDPUR, DHENKANAL.

FOOD MENU

DAYS	TEA TIME	BREAKFAST	LUNCH	TEA TIME	DINNER
SUNDAY	Tea, Biscuit/Mudhi	Fry Chuda/ Watered Rice with Vaji	Rice, Chicken/Fish/ Panner Curry	Tea, Biscuit/Fruits	Rooti/ Rice, Dalma
MONDAY	Tea, Biscuit/Mudhi	Fry Chuda /Idili/ Watered Rice with Veg. Curry	Rice, Dalma, Khatta	Tea, Biscuit	Rooti/ Rice, Soya curry
TUESDAY	Tea, Biscuit/Mudhi	Fry Chuda /Upama	Rice, Dal, Soya curry, Salad	Tea, Biscuit/ Fruits	Rooti/ Rice, Mix veg
WEDNESDAY	Tea, Biscuit/Chuda	Fry Chuda /Upama /Watered Rice with Vaji	Rice, Egg Curry	Tea, Biscuit	Rooti/ Rice, Dal fry, Vaji
THURSDAY	Tea, Biscuit/Mudhi	Watered Rice with Vaji/Idili Veg curry	Rice, Dal, Veg. Curry, Salad	Tea, Biscuit	Rooti/ Rice, Dalma
FRIDAY	Tea, Biscuit/Mudhi	Watered Rice with Vaji/Idili, Veg curry	Rice, Dal, Vaji, Soya Curry	Tea, Biscuit/ Fruits	Rooti/ Rice, MixVeg/Egg/ Chicken
SATURDAY	Tea, Biscuit/Chuda Fry	Watered Rice with Vaji/Upama	Rice, Dal, Veg. Curry, Salad	Tea, Biscuit	Rooti/ Rice, Dal Veg Curry