

## FOOD MENU

### SENIOR CITIZEN HOME FOR ELDERLY WOMEN, CHUDAKHIAKATANI, BAINZIA, DHENKANAL

<b>DAY</b>	<b>MORNING BREAK-FAST 6.30 AM</b>	<b>MORNING TIFFIN 9.00 AM</b>	<b>MID-DAY LUNCH 1.00 PM</b>	<b>EVENING TIFFIN 5.30 PM</b>	<b>DINNER 9.00 PM</b>
<b>SUNDAY</b>	TEA, BISCUIT	CHUDA SANTULA, DALMA	RICE, CHICKEN CURRY, ACHAR	TEA, MUDHI	RICE / ROTI, SANTULA, ACHAR
<b>MONDAY</b>	TEA, BISCUIT	UPAMA, DALMA	RICE, DAL, MIX CURRY	TEA, CHUDA BHAJA	RICE / ROTI, MATAR CURRY, ACHAR
<b>TUESDAY</b>	TEA, BISCUIT	CHUDA SANTULA, DALMA	RICE, DAL, SANTULA, ACHAR	TEA, MUDHI	RICE / ROTI, SOYABADI CURRY, ACHAR
<b>WEDNESDAY</b>	TEA, BISCUIT	UPAMA, DALMA	RICE, EGG CURRY, ACHAR	TEA, CHUDA BHAJA	RICE / ROTI, DALMA, ACHAR
<b>THURSDAY</b>	TEA, BISCUIT, FRUITS	CHUDA SANTULA, DALMA	RICE, DAL, MIX CURRY	TEA, MUDHI	RICE / ROTI, MATAR CURRY, ACHAR
<b>FRIDAY</b>	TEA, BISCUIT	UPAMA, DALMA	RICE, EGG CURRY, ACHAR	TEA, CHUDA BHAJA	RICE / ROTI, DALMA, ACHAR
<b>SATURDAY</b>	TEA, BISCUIT	CHUDA SANTULA, DALMA	RICE, DAL, BHAJA	TEA, MUDHI	RICE/ ROTI, SOYABADI CURRY, ACHAR