



People Empowerment And Development Association

Project ID: IP/MN/KP/05326

SENIOR CITIZEN'S HOME-IPSR.C

Name of the Scheme: Atal Vayo Abhyuday Yojana (Avyay)

Thayong Village, Kangpokpi District, Manipur-795149, P.O- Yairipok. Landmark- Andro Road

DAILY FOODING CHART

DAY	MORNING	LUNCH	DAY-TIME REFRESHMENT	DINNER
SUNDAY	MILK, BANANA, EGG/BISCUITS	RICE, DAL, CHUTNEY(IRONBA), PAPAD	GREEN TEA/BLACK TEA, BISCUIT/KHEER, FRUITS	RICE, CURRY(VEG), BOIL VEGETABLES, CHUTNEY(IRONBA)
MONDAY	MILK, CHAPATI, BANANA	RICE, KIDNEY BEANS, FRIED VEG, PICKLES, PAPAD	BLACK TEA/GREEN TEA, FRUITS, BISCUITS	RICE, VEGETABLES SOUP, CHUTNEY(IRONBA), PAKORA
TUESDAY	KHEER, EGG/BISCUITS, BANANA	RICE, DAL, VEG SALAD, PAPAD	BLACK TEA/GREEN TEA, BISCUITS, FRUITS	RICE, FISH, BOIL VEG, PICKLES
WEDNESDAY	MILK, BREAD, BANANA	RICE, KIDNEY BEANS, BOIL VEG, PAKORA	BLACK TEA/GREEN TEA, BISCUITS, FRUITS	RICE, CHICKPEAS, FRIED VEGETABLES, CHUTNEY(IRONBA)
THURSDAY	MILK, BANANA, CHAPATI,	RICE, OOTI, CHUTNEY(IRONBA), PAPAD	BLACK TEA/GREEN TEA, BISCUITS, FRUITS	RICE, DAL, BOIL VEG, PICKLES
FRIDAY	MILK, EGG/BISCUITS BANANA	RICE, PANEER, BOIL VEG, CHUTNEY(IRONBA)	BLACK TEA/GREEN TEA, BISCUITS, FRUITS	RICE, KIDNEY BEANS, BOIL VEG, PAPAD
SATURDAY	MILK, DOSA, BANANA	RICE, DAL, PAKORA, FRIED VEG, CHUTNEY(IRONBA)	BLACK TEA/GREEN TEA, BISCUITS, FRUITS	RICE, FISH, BOIL VEG, CHUTNEY(IRONBA), PICKLES

T Bishwanath
Secretary
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