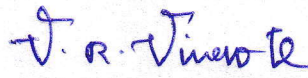


NAMCO OLD AGE HOME, KEEZHAIYUR, NAGAPATTINAM DISTRICT

FOOD TABLE FOR THE OLD AGE HOME					
	Morning		Lucnch	Evening	Dinner
Sunday	Tea, Biscuit	Pongal, Chatni	Rice, Chikken, Rasam, Butter milk	Tea, Green gram	Idly, Sambar
Monday	Tea	Idly, Sambar	Rice, Egg masala, Rasam, Butter milk	Tea, Biscuit	Rice, Sambar, Rasam, Poriyal, Koottu,
Tuesday	Tea, Biscuit	Idly/ Dosa Sambar	Rice, Sambar, Rasam, Poriyal, Koottu, buttermilk	Tea, Chick peas	Wheat Dosa/ Chutney
Wednesday	Coffee	Uppuma, Chutney	Rice, Fish, Rasam,	Tea, Green gram	Idly/ Dosa Chutney
Thursday	Tea, Biscuit	Idly, Sambar, Chutney	Rice, Dry Fish, Rasam, Poriyal, Butter Milk	Milk	Rava uppuma, Chutney
Friday	Tea, Biscuit	Wheat Dosa/ Chutney	Rice, Sambar, Rasam, Poriyal, Koottu, buttermilk	Tea, Biscuit	Dosa, Chutney
Saturdaday	Milk	Idly, Sambar	Rice, Egg masala, Rasam, Butter milk	Tea, Chick peas	Rice Rasam, Poriyal, Koottu,


V.R. VINOCHKUMAR
 SECRETARY.

