

MENU CHART

NATIONAL MOTHER AND CHILD WELFARE ORGANISATION – OLD AGE HOME – KEEZHAIYUR 1/191 A Ground and 1 st Floor, BDO Office near, Keezhaiyur, Kilvelur Taluk, Nagapattinam District							
FOOD CHART							
DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TEA SNACKS	TEA BISCUIT	TEA	TEA BISCUIT	COFFEE	TEA BISCUIT	TEA BISCUIT	TEA
BREAKFAST	PONGAL CHUTNEY	IDLY SAMBAR	IDLY/DHOSAI CHUTNEY	UPMA CHUTNEY	IDLY SAMBAR,CHUTNEY	SEMIYA BATH CHUTNEY	IDLY SAMBAR
LUNCH	SATHAM CHICKEN/MUTTON KUZHAMBU RASAM BUTTER MILK	SATHAM EGG,KULAMBU RASAM, PORIAL,KOOTU BUTTER MILK	SATHAM SAMBAR,PORIAL KOOTU,RASAM BUTTER MILK	SATHAM FISH KZHAMBU,RASAM BUTTER MILK FISH VARUVAL	SATHAM KARUVADU KUZHAMBU,MUTTAI AVIYAL, RASAM BUTTER MILK	SATHAM SAMBAR VEGETABLE KOOTU,VARUVAL, RASAM BUTTER MILK	SATHAM KURUMA KUZHAMBU MUTTAI KAIKARI AVIYAL,RASAM BUTTER MILK
TEA SNACKS	TEA PAYARU SUNDAL	TEA BISCUIT	TEA KONDAKADALAI/ SUNDAL	TEA PAYARU SUNDAL	TEA	TEA BISCUIT	TEA KONDAKADALAI/ SUNDAL
DINNER	IDLY SAMBAR CHUTNEY	SATHAM RASAM,KOOTU PORIYAL	GOETHUMAI DHOSAI, CHUTNEY	IDLY,THOSAI CHUTNEY FISH KUZHAMBU	RAVA UPMA CHUTNEY	DHOSAI CHUTNEY	SATHAM RASAM, KAIKARI KOOTU PORIYAL

V.R. Vinoth Kumar

V.R.VINOTHKUMAR
SECRETARY.

