

**KITCHEN DETAILS**  
**SENIOR CITIZEN'S HOME**  
**MAHARSHI DAYANANDA SERVICE MISSION,**  
**EKADALIA, LAULAI, DHENKANAL.**

**FOOD MENU**

<b>DAYS</b>	<b>TEA TIME</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>TEA TIME</b>	<b>DINNER</b>
<b>SUNDAY</b>	Tea, Biscuit/Mudhi	Fry Chuda/ Watered Rice with Veg. Curry	Rice, Chicken/Panner Curry	Tea, Biscuit/Fruits	Rooti/ Rice, Egg Curry/Dalma
<b>MONDAY</b>	Tea, Biscuit/Mudhi	Upama/ Watered Rice with Veg. Curry	Rice, Dalma, Khatta	Tea, Biscuit	Rooti/ Rice, Soya curry/Vaji
<b>TUESDAY</b>	Tea, Biscuit/Mudhi	Fry Chuda /Roti with Dalma	Rice, Dal, Vaji, Salad	Tea, Biscuit/ Fruits	Rooti/ Rice, Mix veg
<b>WEDNESDAY</b>	Tea, Biscuit/Mudhi	Fry Chuda / Watered with Veg. Curry	Rice, Fish/Egg Curry	Tea, Biscuit	Rooti/ Rice, Soya Curry
<b>THURSDAY</b>	Tea, Biscuit/Mudhi	Upama/ Watered Rice with Vaji/Dalma	Rice, Dal, Veg. Curry, Salad	Tea, Biscuit	Rooti/ Rice, Dalma
<b>FRIDAY</b>	Tea, Biscuit/Mudhi	Iddli/Bada with Sambar, Sweet	Rice, Chicken/Panner Curry	Tea, Biscuit/ Fruits	Rooti/ Rice, Mix Veg/Egg
<b>SATURDAY</b>	Tea, Biscuit/Mudhi	Fry Chuda /Roti with Dalma	Rice, Dal, Veg. Curry, Salad	Tea, Biscuit	Rooti/ Rice, Soya Curry

## Kitchen Room

