

RURAL EDUCATION AND LIBERATION - OLD AGE HOME

DHARAPURAM, TIRUPPUR DISTRICT.

FOOD CHART

S.NO	DAYS	MORNING	AFTERNOON	NIGHT
1	MONDAY	IDLY,CHUTTNEY, SAMBAR	RICE,SAMBAR, BUTTER MILK RASAM,PORIYAL	DOSA, CHUTTNEY,
2	TUESDAY	PONGAL,CHUTTNEY SAMBAR	RICE,PULIKULAMBU, RASAM,BUTTER MILK,KEERAI PORIYAL	IDLY, SAMBAR.
3	WEDNESDAY	IDLY,CHUTTNEY, SAMBAR	RICE,SUNDAL KULAMBU,BUTTER MILK,RASAM, EGG.	GOTHUMAI DOSA, CHUTTNEY
4	THURSDAY	PONGAL,CHUTTNEY , SAMBAR	RICE,SAMBAR, BUTTER MILK RASAM,PORIYAL	IDLY, SAMBAR.
5	FRIDAY	IDLY, CHUTTNEY, SAMBAR.	RICE,PATTANI KULAMBU, RASAM,BUTTER MILK,PORIYAL	GOTHUMAI UPUMA, CHUTTNEY.
6	SATURDAY	PONGAL, CHUTTNEY	RICE,PULI KULAMBU, RASAM,BUTTER MILK, PORIYAL	DOSA, SAMBAR
7	SUNDAY	PARUPPU SATHAM CHUTNEY	RICE, NON-VEG, KULAMBU, RASAM, BUTTER MILK.	IDLY, CHUTTNEY