

GRAM VIKAS PARISHAD

Weekly Menu for Senior Citizen's Home, District: Sivasagar (Assam)

SL. No	DAY	TEA 6.30 AM	BREAKFAST (8.00 AM)	LUNCH (1.00 PM)	EVENING TEA(4.00PM)	DINNER (08.00PM)
01	Monday	Milk Tea Biscuit/ Bread	Khisiri (Rice, Dal, Vegetables)	Veg. (Rice, Sabji, Dal Fry, Bhaji, Pickle, Green-Salad)	Milk Biscuit/Bread	Non-Veg. (Rice, Egg, Sabji, Dal, Papad, Pickle)
02	Tuesday	Milk Tea Biscuit/ Bread	Boiled Rice, Sabji	Non-Veg. (Rice, Fish, Sabji, Soyabin, Dal, Bhaji, Pickle, Green-Salad)	Milk Biscuit/Bread	Veg. (Rice, Sabji, Dal, Papad, Pickle)
03	Wednesday	Milk Tea Biscuit/ Bread	Khisiri (Rice, Dal, Vegetables)	Veg. (Rice, Soyabin, Pitika, Sabji, Dal, Bhaji, Pickle, Green-Salad)	Milk Biscuit/Bread	Veg. (Rice, Soyabin, Sabji, Dal, Pitika, Pickle)
04	Thursday	Milk Tea Biscuit/ Bread	Boiled Rice, Sabji	Veg. (Rice, Soyabin, Sabji, Bhaji, Dal, Pickle, Green-Salad)	Milk Biscuit/Bread	Non-Veg. (Rice, Fish, Sabji, Dal, Papad, Pickle)
05	Friday	Milk Tea Biscuit/ Bread	Khisiri (Rice, Dal, Vegetables)	Non-Veg. (Rice, Fish, Sabji, Dal, Pitika, Pickle, Green-Salad)	Milk Biscuit/Bread	Veg. (Rice, Sabji, Dal, Pickle)
06	Saturday	Milk Tea Biscuit/ Bread	Boiled Rice, Sabji	Veg. (Rice, Soyabin, Dal, Sabji, Pickle, Green-Salad)	Milk Biscuit/Bread	Veg. (Rice, Soyabin, Sabji, Dal, Pickle)
07	Sunday	Milk Tea Biscuit/ Bread	Roti, Sabji, Bhaji	Non-Veg. (Rice, Papad, Chicken, Dal, Pickle, Green-Salad)	Milk Biscuit/Bread	Veg. (Rice, Sabji, Dal, Pickle)

Date: 24/02/2022

General Secretary
GRAM VIKAS PARISHAD
Rangaloo, Dist. Nagaon-782427