

# WOMEN EMPOWERMENT SOCIETY

## MENU OF DAILY FOOD LIST FOR

### SENIOR CITIZEN HOME, DAWKI, WEST JAINTIA HILLS, MEGHALAYA

SL N O.	Name of Day	MORNING TIME 6 A.M	MORNING TIME 8 A.M.	MORNING TIME 10 A.M.	AFTERNOON TIME 1 P.M.	EVENING TME 4.30 P.M.	NIGHT TIME 8.30 PM	NIGHT TIME 9 P.M.
1.	Monday	Morning time – Breakfast with Tea and Biscuit	Bread Butter	Rice Fry	Lunch with Veg Curry and Dal Fry	Lemon Tea with Biscuit	Dinner with Fish Curry and Dal Sabji	Milk Kaju and Badam
2.	Tuesday	Morning time – Breakfast with Tea and Biscuit	Mixed Veg Khisory	Mixed Fruits	Lunch with Fish Curry and Mixed Veg Fry and Dal	Lemon Tea Chena Fry	Dinner with Veg Curry and Dal Fry and Papad Fry	Milk Kaju and Badam
3.	Wednes day	Morning time – Breakfast with Tea and Biscuit	Poha Fry/Normal Poha	Milk and Biscuit	Lunch with Chicken Curry and Mixed Veg Fry and Dal Sabji	Lemon Tea with Papad Fry	Dinner with Veg Curry and Dal	Lemon Juice
4.	Thursda y	Morning time – Breakfast with Tea and Biscuit	Bread Fry	Boil Egg	Lunch with Veg Curry and Mixed Veg Fry and Dal	Lemon Tea with Chena Fry	Dinner with Veg Curry and Dal Fry	Milk Kaju and Badam
5.	Friday	Morning time – Breakfast with Biscuit and Tea	Banana and Bread	Fry Poha and Tea	Lunch with Veg Curry and Mixed Veg Fry and Dal	Lemon Tea with Biscuit	Dinner with Veg Curry and Dal	Milk Kaju and Badam
6.	Saturda y	Morning time – Breakfast with Tea and Biscuit	Mixed Veg Khisory	Milk	Lunch with Fish Curry and Mixed Veg Fry and Dal	Lemon Tea with Biscuit and Papad Fry	Dinner with Egg Curry and Dal	Lemon Juice
7.	Sunday	Morning time – Breakfast with Tea and Biscuit	Boil Egg	Bread Fry	Lunch with Veg Curry and Mixed Veg Fry and Dal	Lemon Tea with Bread Fry and Papad Fry	Dinner with Fish Curry and Mixed Veg Fry and Dal	Milk Kaju and Badam

  
Secretary  
Women Empowerment Society  
Signature of Secretary  
Women Empowerment Society