WOMEN EMPOWERMENT SOCIETY

MENU OF DAILY FOOD LIST FOR

SENIIOR CITIZEN HOME, DAWKI, WEST JAINTIA HILLS, MEGHALAYA

SL	Name of	MORNING TIME	MORNING	MORNING	AFTERNOON TIME	EVENING TME	NIGHT TIME	NIGHT TIME
· .	Day	6 A.M	TIME	TIME	1 P.M.	4.30 P.M.	8.30 PM	9 P.M.
N			8 A.M.	10 A.M.				
0. 1.	Monday	Morning time –	Bread Butter	Rice Fry	Lunch with Veg	Lemon Tea with	Dinner with Fish	Milk Kaju and
١.	Worlday	Breakfast with	Dieau Bullei	Rice Fly	Curry and Dal Fry	Biscuit	Curry and Dal	•
		Tea and Biscuit			Guiry and Darriy	Discart	Sabji	Badaiii
2.	Tuesday	Morning time –	Mixed Veg	Mixed Fruits	Lunch with Fish	Lemon Tea	Dinner with Veg	Milk Kaju and
		Breakfast with	Khisory		Curry and Mixed	Chena Fry	Curry and Dal	Badam
		Tea and Biscuit			Veg Fry and Dal		Fry and Papad Fry	
3.	Wednes	Morning time –	Poha	Milk and	Lunch with	Lemon Tea with	Dinner with Veg	Lemon Juice
	day	Breakfast with	Fry/Normal	Biscuit	Chicken Curry and	Papad Fry	Curry and Dal	
		Tea and Biscuit	Poha		Mixed Veg Fry and			
					Dal Sabji			
4.	Thursda	Morning time –	Bread Fry	Boil Egg	Lunch with Veg	Lemon Tea with	Dinner with Veg	Milk Kaju and
	У	Breakfast with			Curry and Mixed	Chena Fry	Curry and Dal	Badam
5.	Friday	Tea and Biscuit Morning time –	Banana and	Fry Poha and	Veg Fry and Dal Lunch with Veg	Lemon Tea with	Fry Dinner with Veg	Milk Kaju and
J.	Tiluay	Breakfast with	Bread	Tea	Curry and Mixed	Biscuit	Curry and Dal	Badam
		Biscuit and Tea	Bicaa	Tou	Veg Fry and Dal	Discuit	Carry and Dai	Badaiii
6.	Saturda	Morning time –	Mixed Veg	Milk	Lunch with Fish	Lemon Tea with	Dinner with Egg	Lemon Juice
	у	Breakfast with	Khisory		Curry and Mixed	Biscuit and	Curry and Dal	
	-	Tea and Biscuit			Veg Fry and Dal	Papad Fry	_	
7.	Sunday	Morning time –	Boil Egg	Bread Fry	Lunch with Veg	Lemon Tea with	Dinner with Fish	•
		Breakfast with			Curry and Mixed	Bread Fry and		Badam
		Tea and Biscuit			Veg Fry and Dal	Papad Fry	Veg Fry and Dal	

Signature of Secretary
Women Empowerment Society