

JAYAMATHA ECONOMICAL AND EDUCATIONAL TRUST SENIOR CITIZEN'S HOME

BHARAKKATH NAGAR, 3rd STREET, THUVAKUDI, TRICHY – 15

ISSUE OF DAILY FOOD ITEMS					
Day	Morning 6.30 AM	Morning 8.30 AM	Lunch 1.30 PM	Evening 5.00 PM	Night 8.00 PM
SUNDAY	Tea	Iddly, Chattini Sambar	Rice, Vegitable Sambar, Poriyal Appalam, Curd, Rasam.	Tea, Biscuits	Rice, Sambar Rasam, Appalam
MONDAY	Tea	Rava Uppuma, Chattini	Rice, Vegitable Sambar, Poriyal Appalam, Curd, Rasam.	Tea Sundal	Semiya Kitchadi, Chattini, Sambar, Banana
TUESDAY	Tea	Curd Rice, Lemo Rice, Sambar Veg Curry	Rice, Vegitable Sambar, Rasam, Poriyal, Kootu, Appalam, Curd	Tea, Banana	Uppuma, Chattini Sambar
WEDNESDAY	Tea	Pongal, Chattini, Sambar.	Rice, Karakuzhambu Poriyal, Appalam, Rasam, Curd	Tea Fruit	Rice, Sambar Rasam, Appalam
THURSDAY	Tea	Uppuma, Chattini, Sambar	Rice, Vegitable Sambar, Veg Curri, Poriyal, Rasam, Curd	Tea, Sweet	Uppuma, Chattini, Sambar
FRIDAY	Tea	Iddly, Pongal, Chattini, Sambar	Rice, Veg Sambar curri, Poriyal, Rasam, Curd, Vadai, Payasam, Banana	Tea Biscuits	Uppuma, Chattini, Sambar, Banana
SATURDAY	Tea	Pongal, Chattini, Sambar	Rice, Karakuzambu, Poriyal, Appalam, Curd, Rasam	Tea Sundal	Rice, Sambar, Rasam, Poriyal, Appalam

S. Ramesh
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TRICHY-15