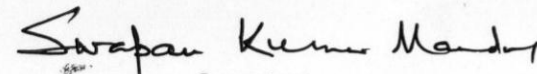


NETAJI PATHACHAKRA
SENIOR CITIZENS' HOME (Sr.CH) SECTION
Vill. Purbachara, P.O. Tikashi, Dist. Purba Medinipur
DIET CHART FOR SENIOR CITIZENS'

	MORNING		LUNCH	AFTERNOON	DINNER	REMARKS
Time/Day	6.30 a.m.	8.00 a.m.	12.00 noon	4.00 p.m.	8.00 p.m.	
Monday	Morning tea/coffee and Biscuits	Dalia with milk /fried rice, sugar fruits/ boiled egg	Boiled Rice, dal, Vegetable, fish curry, salad	Evening tea/coffee and Biscuits/ fried rice	Boiled Rice/Ruti, Dal, Vegetable	* Meat : Once in a week * Special food in different occasional day, * Special diet for patient * Diet may be changed due to crisis of food items * Seasonal Vegetable provided time to time
Tuesday		Dalia with milk/fried rice, sugar	Boiled Rice, Vegetable, Egg curry , Chatni, salad	Evening tea/coffee and Biscuits/ fried rice	Boiled Rice/ Ruti, Dal, Vegetable	
Thursday		Dalia with milk /fried rice, sugar/potato fry	Boiled Rice, Vegetable, Fish curry, curd, salad	Evening tea/coffee and Biscuits/ fried rice	Boiled Rice/Ruti, Dal, Vegetable	
Wednesday		Dalia with milk /Parantha /fried rice, sugar	Boiled Rice, Vegetable, Soya-bin curry, Halwa/kheer, Chatni,	Evening tea/coffee and Biscuits/ fried rice	Boiled Rice/Ruti, Dal, Vegetable	
Friday		Dalia with milk /fried rice, sugar, fruits/boiled egg	Boiled Rice, Vegetable, fish curry, curd, salad	Evening tea/coffee and Biscuits/ fried rice	Boiled Rice/Ruti, Dal, Vegetable	
Saturday		Dalia, Conflakes with milks/fried rice, sugar	Boiled Rice, Vegetable, Egg curry, Chatni, salad	Evening tea/coffee and Biscuits/ fried rice	Boiled Rice/Ruti, Dal, Vegetable	
Sunday		Dalia with milk /fried rice, sugar/potato fry	Boiled Rice, potato fry, Vegetable, chicken curry, Chatni, salad	Evening tea/coffee and Biscuits/ fried rice	Boiled Rice/Ruti, Dal, Vegetable	


 Secretary,
 NETAJI PATHACHAKRA.
 Vill.- Purbachara, P.O.- Tikashi,
 Dist.- Purba Medinipur.