



## FOOD MENU CHART

**NRCWD Senior Citizen Home, Khata No- 357/542, Plot No- 2027/3309,  
Maa Samaleswari Temple, Gumlee Land, Mangalpur, Rengali, Sambalpur**

**Run By- National Resources Centre for Women Development (NRCWD)**

DAYS	BREAKFAST	LUNCH	REFRESHMENT/TIFFIN	DINNER
MONDAY	SUJI UPAMA & GHUGUNI	RICE, DAL, SOYABIN CURRY & BHAJEE	BUTA & MATOR CHHUNKA & TEA	RICE,DAL, PLAIN CURRY & BHAJEE
TUESDAY	IDLE & SAMBAR	RICE, DAL , PLAIN CURRY & BHAJEE	MUDHI, MIXTURE & TEA	RICE , DAL, SANTULA & BHAJEE
WEDNESDAY	SUJI HALWA	RICE, DAL, PANEER/ CHICKEN CURRY	GAJA MUGA/ BUTA & TEA	RICE , DAL, CHATNI & PICKLE
THURSDAY	SEMEI UPAMA & GHUGUNI	RICE, DALMA, PAPAAD & PICKLE	BARA, PAKUDI , BUTA & TEA	RICE, DAL, PLAIN CURRY & BHAJEE
FRIDAY	CHUDA UPAMA	RICE, DAL , FISH CURRY/ MIX VEG. CURRY	MUDHI, BOILED BUTA, MATOR & TEA	RICE ,DAL, MIX – FISH GHANTA CURRY & BHAJEE
SATURDAY	IDLE & SAMBAR	RICE, DAL, SOYABIN CURRY & BHAJEE	BISCUIT & TEA	RICE,DAL, PLAIN CURRY & BHAJEE
SUNDAY	CHAKULI PITHA, DALMA	RICE, DAL, BHAJEE & EGG CURRY	MUDHI MIXTURE & TEA	RICE , DAL, CHATNI & PICKLE

