



FOOD MENU CHART

**MUKTI Integrated Rehabilitation Centre for Addicts (IRCA), 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

