

GRAMIYAM SANGH - OLD AGE HOME
LAKSHMINAYAKKAN PATTI, THENI DISTRICT.
FOOD CHART

S.NO	DAYS	MORNING	AFTERNOON	NIGHT
1	MONDAY	IDLY,CHUTTNEY, SAMBAR	RICE,SAMBAR, BUTTER MILK RASAM,PORIYAL	IDLY, SAMBAR
2	TUESDAY	PONGAL,CHUTTNEY SAMBAR	RICE,PULIKULAMBU, RASAM,BUTTER MILK, PORIYAL	IDLY, SAMBAR
3	WEDNESDAY	IDLY,CHUTTNEY, SAMBAR	RICE,EGG KULAMBU, RASAM,BUTTER MILK,	IDLY,CHUTTNEY SAMBAR.
4	THURSDAY	PONGAL,CHUTTNEY, SAMBAR	RICE,PULIKULAMBU, RASAM,BUTTER MILK, PORIYAL	IDLY,CHUTTNEY
5	FRIDAY	IDLY, CHUTTNEY, SAMBAR.	RICE,SAMBAR, RASAM,BUTTER MILK,PORIYAL	PONGAL,SAMBAR
6	SATURDAY	GOTHUMAI DOSAI, CHUTNEY	RICE,PATTANI KULAMBU, RASAM,BUTTER MILK, KEERAI PORIYAL	TOMATO RICE, COCONUT CHUTTNEY
7	SUNDAY	PONGAL, SAMBAR	RICE, NON-VEG, KULAMBU, RASAM, BUTTER MILK.	IDLY,CHUTTNEY, SAMBAR