

FOOD MENU CHART (2023-2024)

GRAMIYA SOCIAL WELFARE SOCIETY - SENIOR CITIZEN HOME - KUTTALAM

No:2/1,Indane Road,Saliyan Chavadi,Kshethirabalapuram,Kuttalam,Mayiladuthurai.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tea and Snacks	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk
Breakfast	Rava Upma Chutney	Idly Sambar	Kichadi Chutney	Wheat Upma Chutney	Idly Sambar	Wheat Dhosai Chutney	Pongal Sambar
Lunch	Rice Karakulambu Porial Butter milk Egg	Rice Sambar Rasam Varuval Butter Milk	Rice Keera Sambar Varuval Butter milk	Rice PorichaKulambu Koottu Butter milk Egg	Rice Sambar Porial Butter milk	Rice Kurumakulambu Koottu Appalam Butter milk	Rice Karakulambu Porial Butter milk
Tea and Snacks	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk	Milk/Tea Biscuit/Rusk
Dinner	Idly Sambar	Chappathi Kuruma	Pongal Sambar	Idly Sambar	Kichadi Chutney	Idly Sambar	Chappathi Kuruma



SECRETARY,
Gramiya Social Welfare Society,
35, Railway St, Malliyam-609 806,
Mayiladuthurai Taluk & District.