

FOOD MENU CHART (2024-2025)

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	Poori Pottato Kuruma	Idly Sambar	Wheat Upma Chutney	Pongal Sambar	Idly Sambar	Kitchadi Chutney	Rava Upma Chutney
Lunch	Rice Sambar Porial Butter milk	Rice Kuruma Kulambu Rasam Varuval Butter Milk	Rice Keera Sambar Varuval Butter milk	Rice KaraKulambu Koottu Butter milk Egg	Rice Sambar Porial Butter milk	Rice PorichaKulampu Koottu Appalam Butter milk	Rice Urundai Kulambu 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	Wheat Dhosai Chutney	Idly Sambar	Chappathi Kuruma	Rava Upma Chutney	Idly Sambar	Pongal Sambar



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