

FOOD MENU CHART (2023-2024)

GRAMIYA SOCIAL WELFARE SOCIETY - SENIOR CITIZEN HOME - KUMBAKONAM

No:278,Sannangulam Street,Krishnapuram Village,Kumbakonam (Tk),Thanjavur(Dt).

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	Idly Sambar	Kichadi Chutney	Wheat Upma Chutney	Pongal Sambar	Idly Sambar	Wheat Dhosai Chutney	Rava Upma Chutney
Lunch	Rice Karakulambu Porial Butter milk Egg	Rice Kuruma Kulambu 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 Sambar 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	Rava Upma Chutney	Wheat Dhosai Chutney	Idly Sambar	Wheat Upma Chutney	Kichadi Chutney	Pongal Sambar	Kichadi Chutney



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