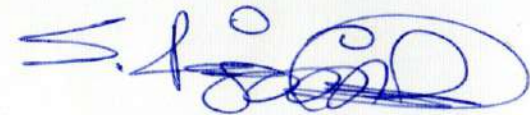


## FOOD MENU CHART (2024-2025)

### 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<br>Biscuit/Rusk                | Milk/Tea<br>Biscuit/Rusk                                  | Milk/Tea<br>Biscuit/Rusk                       | Milk/Tea<br>Biscuit/Rusk                            | Milk/Tea<br>Biscuit/Rusk                | Milk/Tea<br>Biscuit/Rusk                                   | Milk/Tea<br>Biscuit/Rusk                |
| Breakfast      | Poori<br>Pottato Kuruma                 | Idly<br>Sambar  | Wheat Upma<br>Chutney                          | Pongal Sambar                                       | Idly<br>Sambar                          | Kitchadi<br>Chutney  | Rava Upma<br>Chutney                    |
| Lunch          | Rice<br>Sambar<br>Porial<br>Butter milk | Rice<br>Kuruma Kulambu<br>Rasam<br>Varuval<br>Butter Milk | Rice<br>Keera Sambar<br>Varuval<br>Butter milk | Rice<br>KaraKulambu<br>Koottu<br>Butter milk<br>Egg | Rice<br>Sambar<br>Porial<br>Butter milk | Rice<br>PorichaKulampu<br>Koottu<br>Appalam<br>Butter milk | Rice<br>Sambar<br>Porial<br>Butter milk |
| Tea and Snacks | Milk/Tea<br>Biscuit/Rusk                | Milk/Tea<br>Biscuit/Rusk                                  | Milk/Tea<br>Biscuit/Rusk                       | Milk/Tea<br>Biscuit/Rusk                            | Milk/Tea<br>Biscuit/Rusk                | Milk/Tea<br>Biscuit/Rusk                                   | Milk/Tea<br>Biscuit/Rusk                |
| Dinner         | Idly Sambar                             | Wheat Dhosai<br>Chutney                                   | Idly Sambar                                    | Wheat Upma<br>Chutney                               | Rava Upma<br>Chutney                    | Pongal Sambar  | Kichadi<br>Chutney                      |



SECRETARY,  
Gramiya Social Welfare Society,  
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Mayiladuthurai Taluk & District.