

## FOOD MENU CHART (2023-2024)

### GRAMIYA SOCIAL WELFARE SOCIETY - SENIOR CITIZEN HOME -MUDIKONDAN

No.595,Middle Street,Mudikondan Village,Nannilam Taluk,Thiruvarur District.

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	Dhosai Chutney	Pongal Sambar	Idly Sambar	Wheat Upma Chuntney	Chappathi Kuruma	Idly 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	Wheat Upama Chutney	Rava Upma Chutney	Idly Sambar	Kitchadi Chutney	Wheat Dosai Chutney



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