


## FOOD MENU CHART (2024-2025)

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



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