

**MEAL SCHEDULE FOR
SENIOR CITIZEN HOME FOR OLDER WOMEN,
GAHTAO VILLAGE, NONEY DISTRICT
Run by: Wangjing Women and Girls Society**

Day	Breakfast 7:00 am	Lunch 10:30 am	Refreshment 2:00 pm	Dinner 8:00 pm
Monday	Tea and Bread	Rice and Seasonal Vegetable Curry	Bread and Tea	Rice, Eromba and Vegetable Fried
Tuesday	Milk and Bread	Rice, Dal and Chatni	Biscuit and Tea	Rice and Vegetable curry
Wednesday	Tea & Biscuit	Rice and Mixed Vegetable Curry	Tea and Snacks	Rice and Vegetable Curry
Thursday	Tea & Bread	Rice, Eromba and Dry Fish	Tea and Biscuit	Rice and Dal with Chatni
Friday	Milk and Biscuit	Rice Dal and Vegetable mixed fried	Tea and Biscuit	Rice and Kangou (Fried Vegetable)
Saturday	Tea and Chapati	Rice and Vegetable curry	Tea and biscuit	Rice and Dal
Sunday	Tea and Bread	Rice and Meat Curry	Tea and Snacks	Rice and Vegetable curry



L. Premchand Singh
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