

**FOOD MENU & MEAL SCHEDULE FOR
SENIOR CITIZEN HOME FOR OLDER WOMEN,
Wangjing S.K. Leikai Narengbam Leirak, Thoubal Dsitric Manipur**

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	Tea & Snacks	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 Kanghou (Fried Vegetable)
Saturday	Tea and Chapati	Rice and Vegetable curry	Tea and biscuit	Rice and Dal
Sunday	Tea and Bread	Rice and Fish Curry	Tea and Snacks	Rice and Vegetable curry




Hony. General Secretary
Wangjing Women & Girls Society
Manipur-India