

**FOOD MENU & MEAL SCHEDULE FOR
SENIOR CITIZEN HOME FOR OLDER WOMEN,
Ngaikhong Siphai Maning Leikai, Bishnupur Distirct**

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 |



L. Premchand Singh
**Hony. General Secretary
Wangjing Women & Girls Society
Manipur-India**