

SAHYOG SENIOR CITIZENS' HOME

(Run by Shri Saurashtra Vividhlakshi Vikas Trust)

Plot No. 9, Ground Floor, Sahyog Nivas, Shakti Shukra Flat, Main Kenal Road, Dudhrej.

MEAL MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Tea Coffee Breakfast (Potato Poha)	Tea Coffee Breakfast (Noodles)	Tea Coffee Breakfast (Sprouted Mung)	Tea Coffee Breakfast (Fruit)	Tea Coffee Breakfast (Biscuits)	Tea Coffee Breakfast (Potato Poha)	Tea Coffee Breakfast (Papadi Gathiya)
Lunch	Dal, Rice, Rotli, Vegetables, Fada Lapsi/Shiro Chhas, Salad, Gud	Dal, Rice Mix Vegetables, Rotli, Chhas, Salad, Gud	Dal, Rice, Beans Vegetables, Rotli Chhas, Salad, Gud	Dal, Rice Mix Vegetables, Rotli, Chhas, Salad, Gud	Dried Vegetables, Khir Puri Chhas, Salad, Gud	Dal, Rice, Beans Vegetables, Rotli - Rotla Chhas, Salad, Gud	Dal, Rice Mix Vegetables, Rotli, Chhas, Salad, Gud
Tea and Coffee (Every Evening 4.00 p.m.)							
Dinner	Khichdi Vegetables, Rotli - Rotla Milk	Khichdi Vegetables, Rotli - Rotla Milk	Khichdi Vegetables, Rotli - Rotla Milk	Khichdi Vegetables, Rotli - Rotla Milk	Khichdi Vegetables, Rotli - Rotla Milk	Khichdi Vegetables, Rotli - Rotla Milk	Khichdi Vegetables, Rotli - Rotla Milk









