

Krishnas Home, Senior Citizen Home,

Thiruvellarai (Po), Mannachanallur (Tk), Trichy (Dt), Tamlinadu



FOOD MENU CHART



Day	Morning 6.30 A.m	Morning 8.30 A.m	Lunch 1.30 P.m	Evening 5.00 P.m	Night 8.00 P.m
Monday	Tea	Rava Uppuma, Chattini, Sambar	Rice, Vegetable Sambar, Poriyal, Appalam, Curd, Rasam, Pickle	Tea, Sundal	Semiya kitchadi, Chattini, Sambar
Tuesday	Tea	Lemon Rice / Tomato Rice, Sambar, Veg curry	Rice, Vegetable Sambar, Rasam, Poriyal, Kootu, Appalam, Curd	Tea/ Coffee, Fruits	Idly, Chatini, Sambar
Wednesday	Tea	Pongal, Chattini, Sambar	Rice, Meat (Mutton/ Chicken) Kulambu, Potato, Rasam, Curd	Tea, Snacks	Uppuma, Chattini, Sambar
Thursday	Tea	Uppuma, Chattini, Sambar	Rice, Vegetable Sambar, Veg curry Poriyal, Rasam, Curd	Tea, Sundal	Idly, Chattini, Sambar
Friday	Tea	Idly, Pongal, Chattini, Sambar	Rice, Veg Sambar curry, Poriyal, Rasam, Curd, Vadai, Payasam, Banana	Tea/ Coffee, Biscuits	Rava Dosai/Onion Dosai, Chattini, Sambar
Saturday	Tea	Pongal, Chattini, Sambar	Rice, Karakulambu, Poriyal, Appalam, Curd, Rasam	Tea, Vadai	Rice, Sambar, Rasam, Poriyal, Pickle
Sunday	Tea	Iddly, Chattini, Sambar	Rice, Kulambu, Poriyal, Boiled Egg, Rasam, Appalam, Curd,	Tea, Biscuits	Variety Rice, Pickle/ Iddly, Chattini, Sambar



Note : Special Foods Were Served on Festival Days and Other Special Occasions.