

BHARATHAMATHA THAIVEEDU OLD AGE HOME

West street, Ettukudi – 610204, Thirukuvalai – Taluk, Nagapattinam District

FOOD MENU

DAY	MORNING SNACKS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
Sunday	Tea, biscuit	Pongal, coconut chutney	Rice, chicken / mutton kuzhambu, rasam, curd	Tea, green gram sundal	Idly, sambar / chutney
Monday	Tea	Idly, sambar	Rice, egg, kuzhambu, rasam, 2 vegetable poriyal receipes, curd	tea, biscuit	Rice, rasam, 2 vegetable poriyal receipes
Tuesday	Tea, biscuit	Idly, sambar / chutney	Rice, sambar, rasam, 2 vegetable poriyal receipes, curd	Tea, chana sundal	Wheat dosa, chutney
Wednesday	Coffee	Upma, chutney	Rice, fish kozhambu, rasam, curd, fish fry	Tea, green gram sundal	Idly / thosa, chutney, fish kolambu
Thursday	Tea, biscuit	Idly, sambar / chutney	Rice, dried fish, egg aviyal,, rasam, curd	Tea	Rava, uppuma, Chutney
Friday	Tea, biscuit	Semiya bath, chutney	Rice, sambar, mixed vegetable fry, rasam curd	Tea, biscuit	Dosa, chutney
Saturday	Tea, biscuit	Idly, sambar	Rilce, guruma kuzhambu, egg, vegetable aviyal, curd, rasam	Tea, chana sundal	Rice, rasam, mixed vegetable fry

BHARATHAMATHA FAMILY WELFARE FOUNDATION

SECRETARY