


GLOBAL HEALTH IMMUNISATION & POPULATION CONTROL ORGANISATION

Weekly Menu- Senior Citizens Home, District - Rangaloo, Nagaon (Assam)

SL. No.	DAY	TEA (6.30 AM)	BREAKFAST (8.00 AM)	LUNCH (1.00 PM)	EVENING TEA (4.00 PM)	DINNER (08.00 PM)
01	Monday	Milk Tea, Biscuit/Bread	Khisiri (Rice, Dal, Vegetable)	Rice, Sabji, Soyabin, Dal, Bhaji	Milk , Biscuit	Rice, Sabji, Dal, Papad, Pickle
02	Tuesday	Milk Tea, Biscuit/Bread	Mar Vat, Sabji	Rice, Sabji, Dal, Bhaji, Fry	Milk , Biscuit	Rice, Egg, Sabji, Dal, Papad, Pickle
03	Wednesday	Milk Tea, Biscuit/Bread	Khisiri (Rice, Dal, Vegetable)	Rice, Sabji, Soyabin, Pitika, Dal, Bhaji	Milk , Biscuit	Rice, Soyabin, Sabji, Dal, Pitika
04	Thursday	Milk Tea, Biscuit/Bread	Mar Vat, Sabji	Rice, Sabji, Soyabin, Dal, Bhaji, Pickle	Milk , Biscuit	Rice, Fish, Sabji, Dal, Papad
05	Friday	Milk Tea, Biscuit/Bread	Khisiri (Rice, Dal, Vegetable)	Rice, Fish, Vegetables, Dal, Pitika	Milk , Biscuit	Rice, Sabji, Dal, Pickle
06	Saterdag	Milk Tea, Biscuit/Bread	Mar Vat, Sabji	Rice, Soyabin, Dal, Bhaji	Milk , Biscuit	Rice, Soyabin, Sabji, Dal, Pickle
07	Sunday	Milk Tea, Biscuit/Bread	Roti, Sabji, Bhaji	Rice, Papad, Chicken, Dal,Pitika	Milk , Biscuit	Rice, Sabji, Dal, Pickle

Note : Seasonal Fruits will be serve 2/3 days in week.

Date: 19/06/2024


President, GHPCO
Global Health Immunisation &
Population Control Organisation
Rangaloo : Nagaon : Assam