

FOOD MENU CHART

BHARTIYA AUSHADHI ANUSANDHAN SANSTH'S

(Sponsored by Govt. of India Ministry of Social Justice and Empowerment)

Senior Citizen Home For 50 Elderly Women Bela Bhandara

Nutrition- adequate quantity, good quality, variety in food as per local condition containing an average of 1700 calories and 50 grams, protein to be provided to the beneficiaries, everyday, The Daily indicative menu may be as under (Subject to suitable modification having regard to location, climatic condition and convention food habit of the inmates)

Sr.No.	Daily Scheduled	Menu
1	Morning Tea	Tea / Biscuits / Rusk
2.	Breakfast	Poha/Upama/Paratha/Idli/Chila/ Thalipith/Usal/Spourts/Shira/Dhokla/ Boiled Egg or Seasonal Fruits etc
3.	Lunch	Chapati, Rice, Dal/ One green Vegetable Curd Salad Social Meal (Veg / Non – Veg) and Sweet (Halwa /Kheer /Gulabjamun /Puran Poli etc.)
4.	Evening Tea	Tea and Biscuits / Rusk
5.	Dinner	Chapati/Rice/ One Seasonal Vegetable/ Khichdi etc