

Diet Chart

(From Sunday to Saturday)

Maintenance of Senior Citizen Home

Implemented By

Dikrong Valley Environment & Rural Development Society.

Day	Morning	Noon	Evening	Night
Sunday	Tea+ Bread/Ruti+ Chabji, Milk	Lunch:- Rice, Daal, Vegetable, Chicken	Tea and Fruits	Dinner:- Ruti, Daal, Mix Vegetable
Monday	Tea+ Bread/Ruti+ Chabji, Milk	Lunch:- Rice, Daal, Vegetable, Egg.	Tea and Fruits	Dinner:- Rice, Daal, Fish, Vegetable
Tuesday	Tea+ Bread/Ruti+ Chabji, Fruits, Egg	Lunch:- Vege-Thali	Tea and Fruits	Dinner:- Ruti, Daal, Mix Vegetable
Wednesday	Tea+ Bread/Ruti+ Chabji, Milk	Lunch:- Rice, Daal, Vegetable, Fish	Tea and Fruits	Dinner:- Rice, Daal, Mix Vegetable
Thrusday	Tea+ Bread/Ruti+ Chabji, Fruits, Egg	Lunch:- Vege-Thali	Tea and Fruits	Dinner:- Ruti, Daal, Mix Vegetable
Fri Day	Tea+ Bread/Ruti+ Chabji, Milk	Lunch:- Rice, Daal, Vegetable, Fish	Tea and Fruits	Dinner:- Rice, Daal, Mix Vegetable
Saturday	Tea+ Bread/Ruti+ Chabji, Milk	Lunch:- Rice, Daal, Vegetable, Egg.	Tea and Fruits	Dinner:- Rice, Daal, Chicken


Secretary
Dikrong Valley Environment
& Rural Development Society