

OFFICE OF THE
INTEGRATED RURAL UPLIFTMENT SERVICE (IRUS)
Kiyam, Thoubal, Manipur



FOOD MENU

FOR
**MAINTENANCE OF SENIOR CITIZENS' HOME
FOR 25 BENEFICIARIES**

<i>Sl. No.</i>	<i>Timing</i>	<i>Items provided</i>
1.	MORNING TEA	Coffee or Tea along with Biscuits/Ruskit Fan Puffs/Bread
2.	BREAK FAST	Puri with Sabji (Vegetable)/Milk Parantha/Roti/Butter Toast /Paav (DAILY) + Boiled Egg or Seasonal fruits (TWICE A WEEK)
3.	LUNCH	1. Chapati with Dal/Sambhar or Rice with One Green Vegetable, Curd, Salad (DAILY) 2. Special Meal for Vegetarian or Non-Vegetarian (Meat/Fish) and 3. Sweet (Halwa/ Kheer/ Gulab Jamun, etc.) (TWICE A WEEK)
4.	EVENING TEA	Coffee or Tea + Biscuits/Ruskit/Puffs/Bread
5.	DINNER	1. Chapati with Dal, Rice with Sabji (Seasonal Vegetable) or Khichri, 2. Special Meal for Vegetarian or Non-Vegetarian (Meat/Fish) and 3. Sweet (Halwa/ Kheer/ Gulab Jamun, etc.) (TWICE A WEEK)


(TH. OPEN SINGH)
Secretary, IRUS
Secretary,
Integrated Rural Upliftment
Service (IRUS), Kiyam