

SHREE RAMAKRISHNA ASHRAMA SENIOR CITIZENS' HOME
M.RAMPUR, KALAHANDI, ODISHA-766102

KITCHEN MENU

Day	Breakfast	Lunch	Afternoon Tiffin	Dinner
Monday	Besan Pakoda, Mudi, Dalma	Rice, Roti, Mix Veg, Dal	Tea, Biscuit	Roti, Dalmakhani
Tuesday	Upma, Matar, Chatni	Rice, Roti, Dal, Soya Curry	Tea, Mudi Mixture	Roti, Dalfry
Wednesday	Mudi, Matar, Semi	Rice, Roti, Egg Curry, Bhaji	Tea, Biscuit	Roti, Tadka
Thursday	Bread, Dalfry	Rice, Dal, Roti, Paneer Sabji,	Tea, Cake	Roti, Dalfry
Friday	Idli, Matar, Chatni	Rice, Dal, Roti, Mix Veg, Bhaji	Tea, Tost	Roti, Dalmakhani
Saturday	Utapam, Chatni	Rice, Dal, Roti, Mix Veg, Soya Curry	Tea, Biscuit	Roti, Paneer Tadka
Sunday	Mudi, Suji	Rice, Roti, Chiken/ Fish, Dal, Salad	Tea, Mudi Mixture	Roti, Dalfry

Swami Ashokananda

Secretary
Secretary

Shree Rama Krishna Ashrama
At/Po-M.Rampur, Dist-Kalahandi
PIN-766102 Orisha