

INTEGRATED REHABILITATION CENTRE FOR ADDICTS (IRCA)
SHREE RAMAKRISHNA ASHRAMA
MOTAGANDA, M.RAMPUR, KALAHANDI, ODISHA-766102

KITCHEN MENU

Day	Breakfast	Lunch	Afternoon Tiffin	Dinner
Monday	Idli, Dalma	Rice, Dal, Mix Veg, Bhaja	Tea, Biscuit	Rice, Dal, Bhaja
Tuesday	Mudi, Suji	Rice, Dal, Mix Veg, Bhaji	Tea, Mixture	Rice, Dalma, Bhaja
Wednesday	Puri, Ghuguni	Rice, Dal, Bhaji, Egg Curry	Tea, Biscuit	Rice, Dal, Bhaja
Thursday	Chuda Santula, Dalma	Rice, Dal, Paneer, Bhaji	Tea, Masala Mudi	Rice, Dal, Mix Veg.
Friday	Besan Pakodi, Dalma	Rice, Dal, Mix Veg, Bhaja	Tea, Cake	Rice, Dalma, Pampad
Saturday	Upma, Ghuguni	Rice, Dal, Mix Veg, Soya Curry	Tea, Biscuit	Rice, Dal, Mix Veg.
Sunday	Mudi, Suji	Rice, Chiken/ Fish, Dal, Salad	Tea, Mudi Mixture	Rice, Dalma, Chatni

Swami Ashokananda

Secretary

Secretary

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