

Surabee Mahila Mandali®
Surabee Old Age Home
Near Chittakul Gram Panchayat, Kannada School Backside,
Sadashivgad karwar Tq: Karwar dist : Uttar Kannada

Kitchen Room:



Store Room:



Name of the scheme:- Senior citizen's Home for 50 Beneficiaries**(i) Name of the organization :- Surabee Mahaila Mandali(R)****(ii) Name & Address of the Year :- Mount Zion House, Behind Ajad Maida****Kannada school backside, Chittakul****Sadashivgad Karwar****(iii) Year :- 2020-21****Food Menu:-**

S	Week	7.30 AM	9.30AM	1.30PM	4.00PM	8.30PM
1	Sun	Tea+ Biscuit	Idli+Sambar +Chatney	Rice+Chicken Sambar	Tea	Rice+Chicken Sambar
2	Mon	Tea+ Biscuit	Veg Palav Rice	Chapati+Rice+Rasam+ Moong bean fry+ Kheer	Tea	Chapati+Rice+Rasam+Ladies finger fry
3	Tues	Tea+ Biscuit	Tamarind Rice	Chapati+ Rice+ Daal+ chana fry	Tea	Chapati+Rice+Daal + kohlrabi fry
4	Wed	Tea+ Biscuit	Shavige bath	Chapati+Rice+Fish sambar +green peas fry	Tea	Chapati+Rice+Fish sambar+ Vegetable fry
5	Thur	Tea+ Biscuit	Poha	Chapati+Rice+Rasam+ cowpea beans fry	Tea	Chapati+ Rice+ Rasam+ Brinjal fry
6	Fri	Tea+ Biscuit	Figure Rice	Chapati +Rice +Daa l+ Horsegram beans fry	Tea	Chapati+ Rice+ Daal+ Beet fry
7	Sat	Tea+Bi scuit	Rava salt bath	Chapati+Rice+Moong sambar+ mung fry	Tea	Chapati+ Rice+ Moong sambar+ Cabbage fry

