

Raj Foundation Senior Citizens Home (OLD Age Home)

village/Post - Jakhauda, Block - Sapotra, Dist. Karauli

FOOD CHART

Morning

Tea Coffee/Tea& Biskut/Toast

BREAK FAST

Daliya with Milk/Poha/Ankurit Moong/Toast Seasonal fruits
(Four a week)

LUNCH

Chapati, rice, Daal, one Green vegetable/Curd, salad (Daily)

PLUS

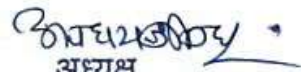
Special Bhojan, Daal, Bati Choorma, and Sweet (Halva, kheer . etc)
(once a week)

EVENING

Tea, and Biskuts, Fan, Namkin , papad

DINNER

Chapati, Seasonal Vegetable/Kheechadi with Gee, good/Milk


अध्यक्ष

राज फाउण्डेशन संस्थान, मिझौरा
तह० सपोटरा, जिला-करौली (राज०)