


Senior Citizen Home SEONI MALWA (NARMADAPURAM)
Sponsored BY :- MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT GOVT. OF INDIA
Run by :- ABHYUDAY LOK SEVA SANSTHAN

Food Menu Being Given to Beneficiaries FY - 2026-2027

Day	Morning Tea Time- 7:00 to 8:00	Breakfast Time- 8:30 to 9:30	Lunch Time- 11:00 to 1:00	Evening Tea/Fruits Time- 4:30 to 5:30	Dinner Time- 7:00 to 9:00
Monday	Tea/Milk	Daliya/Poha	Dal, Rice, Vegetable, Roti, Salad, Pickle	Tea and Biscuits /Fruits	Dal, Rice, Vegetable, Roti, Salad, Pickle
Tuesday	Tea/Milk	Upma/ Daliya	Dal, Rice, Vegetable, Roti, Salad, Pickle	Tea and Biscuits	Dal, Rice, Vegetable, Roti, Salad, Pickle
Wednesday	Tea/Milk	Sprout Grains/Poha	Dal, Rice, Vegetable, Roti, Salad, Pickle	Tea and Biscuits /Fruits	Dal, Rice, Vegetable, Roti, Salad, Pickle
Thursday	Tea/Milk	Daliya/ Upma	Dal, Rice, Vegetable, Roti, Salad, Pickle	Tea and Biscuits	Dal, Rice, Vegetable, Roti, Salad, Pickle
Friday	Tea/Milk	Sprout Grains/Poha	Dal, Rice, Vegetable, Roti, Salad, Pickle	Tea and Biscuits /Fruits	Dal, Rice, Vegetable, Roti, Salad, Pickle
Saturday	Tea/Milk	Upma/ Daliya	Dal, Rice, Vegetable, Roti, Salad, Pickle	Tea and Biscuits	Dal, Rice, Vegetable, Roti, Salad, Pickle
Sunday	Tea/Milk	Sprout Grains/Poha	Dal, Rice, Vegetable, Roti, Salad, Pickle	Tea and Biscuits /Fruits	Dal, Rice, Vegetable, Roti, Salad, Pickle

Note :- 1. Necessary changes can be made in the menu from time to time in case of unavailability of ingredients.

2. Sweets/Halwa/Kheer will be given once a week.


अध्यक्ष
अभ्युदय लोक सेवा संस्थान
वरिष्ठ नागरिक गृह सि.मा.
ज़ि. नर्मदापुरम (म.प्र.)