

Senior Citizen Home SEONI MALWA (NARMADAPURAM)

Sponsored BY :- MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT GOVT. OF INDIA

Run by :- ABHYUDAY LOK SEVA SANSTHAN

Project ID= IP/MP/HSR/00841

year 2025-2026

Food Menu

And

link for live feed of CCTV on the website.

- Website Name = www.abhyuday2026.org
- **link for documents on the website**
<https://www.abhyuday2026.org/senior-citizen-home>
- link for live feed of CCTV on the website =
<http://sandeepv123.cpplussdns.com/>

login id = admin

password = sandeep1981

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Food Menu Being Given to Beneficiaries FY - 2025-2026

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
रिश्त नागरिक गृह सि.मा.
जि. नर्मदापुरम (म.प्र.)