

YEAR 2021-22

Name of NGO=LOKMANYA SHIKSHAN PRASARAK MANDAL'S

Name of Scheme=Senior Citizen Home for 50 Elderly Women,OSMANABAD

c/o Shri PratapDeshmukh,SHANTINEKETAN COLONY,OSMANABAD, Ta. & Dist. Osmanabad, maharashtra

Kitchen Time Table

Sr No	Day	Breck Fast	Lunch	Dinner
1	Monday	Poha	Methi Sabji, Chapati , Rice , Dal	Baigan- Masala , Cahapati , Cucumber, Rice
2	Tuesarday	Idli, Tomato Chutney, Dahi	Dudhi , Tomato, Rice,Dal , Chapati	Roti , Bhindi, Rice, Cucumber
3	wensarday	Shira	Soya- Greens, Dahi , Rice , Chapati	Methi , Alu Subzi, Cucumber , Chapati
4	Thursday	Dosa Tomato Chutney, Dahi	Baigan- Masala , Dahi, Rice, Chapati, Dal	Soya- Greens, Rice , Roti
5	Friday	Peanut Butter on toast	Methi Paratha Alu Subzi, Dahi ,Chapati , Dal	Moong, Alu- Subzi ,Masala - Rice , Roti
6	Saturday	Masala Dosa, Tomato Chutney	Moong, Palak, Rice , Dahi, Chapati	Baigan- Masala , Rice, Roti
7	Sunday	2 Eggz Sandwich	Chiken , Jawar Roti ,Rice	Beans Khichidi, Dahi