

Diet Chart / Food Chart
Senior Citizens Home, Hailakandi
 Sponsored By Ministry of Social Justice & Empowerment, Govt. of India
 Run By WODWICHEE

Sunday				
Morning Snacks 6:30 AM – 7 AM	Breakfast 8 AM – 8:30 AM	Lunch 2 PM – 2:30 PM	Evening Refreshment 5 PM – 5:30 PM	Dinner 9 PM – 9:30 PM
Bread with tea	Pulao	Rice, Vegetable curry	Fruits followed by tea & puffed rice	Rice, Fish & Sabji
Monday				
Morning Snacks 6:30 AM – 7 AM	Breakfast 8 AM – 8:30 AM	Lunch 2 PM – 2:30 PM	Evening Refreshment 5 PM – 5:30 PM	Dinner 9 PM – 9:30 PM
Biscuit with tea	Rice Daal With Vaji	Rice Fish Curry	Fruits followed by tea & puffed rice	Rice Mix veg with vaji & milk
Tuesday				
Morning Snacks 6:30 AM – 7 AM	Breakfast 8 AM – 8:30 AM	Lunch 2 PM – 2:30 PM	Evening Refreshment 5 PM – 5:30 PM	Dinner 9 PM – 9:30 PM
Biscuit with tea	Khichiri	Rice, Egg Curry/panner & Sabji	Tea & puffed rice	Rice with Alu Motor/Grans Sabji & Milk
Wednesday				
Morning Snacks 6:30 AM – 7 AM	Breakfast 8 AM – 8:30 AM	Lunch 2 PM – 2:30 PM	Evening Refreshment 5 PM – 5:30 PM	Dinner 9 PM – 9:30 PM
Biscuit with tea	Pulao	Rice, Chicken curry & Sabji	Tea, Puffed rice & fruits	Rice, Soabin curry, Vaji & Milk
Thursday				
Morning Snacks 6:30 AM – 7 AM	Breakfast 8 AM – 8:30 AM	Lunch 2 PM – 2:30 PM	Evening Refreshment 5 PM – 5:30 PM	Dinner 9 PM – 9:30 PM
Biscuit with tea	Rice, Daal & Vaji	Rice, Fish & Sabji	Tea, Puffed rice & fruits	Rice, Mix Veg & Milk
Friday				
Morning Snacks 6:30 AM – 7 AM	Breakfast 8 AM – 8:30 AM	Lunch 2 PM – 2:30 PM	Evening Refreshment 5 PM – 5:30 PM	Dinner 9 PM – 9:30 PM
Biscuit with tea	Khichiri	Rice, Daal, Vaji & Sabji	Tea, Puffed rice & fruits	Rice, Fish, Sabji & Milk
Saturday				
Morning Snacks 6:30 AM – 7 AM	Breakfast 8 AM – 8:30 AM	Lunch 2 PM – 2:30 PM	Evening Refreshment 5 PM – 5:30 PM	Dinner 9 PM – 9:30 PM
Biscuit with tea	Pulao	Rice, Chicken curry & Sabji	Tea, Puffed rice & fruits	Rice, Alu Motor Sabji with Achaar & Milk

Superintendent
 Senior Citizen Home, Hailakandi
 WODWICHEE