

FOOD MENU CHART

Name of the Scheme /Project : Atal Vayo Abhyuday Yojana (AVYAY)

Name of the Organization : Association for Social Work & Social Research in Orissa (ASWASRO)

Name & Address of the Project : 197/459, Ground Floor, Opposite to Horticulture Farm, Kotagarh Road, Kotagarh, Dist- Kandhamal , Odisha

DAY	6:30 AM TO 7:00 AM	8:30 AM TO 9:00 AM	1:0 P°M TO 1:30 PM	4:30 PM TO 4:45 PM	8:30 PM TO 9:00 PM
	MORNING	BREAKFAST	LUNCH	EVENING	DINNER
MONDAY	Tea	Idly,Sambar, Chatani	Rice, Dal, Mix Veg, Achara	Tea, Biscuit	Roti/Rice , Dalma, Milk
TUESDAY	Tea	Simui & Suji Uppama, Chuttny, Boield Egg	Rice, Dal,Papad, Bitter gourd Bhaji / Saga Bhaji, Achara	Tea, Biscuit	Roti/Rice, Sambar, Matar Curry, Milk
WEDNES DAY	Tea	Chuda Upma,Curry	Rice, Dal, Egg Curry, Bhaji , Achara	Tea, Biscuit	Roti/Rice , Buta Dal Curry, Achar
THURS DAY	Tea	Idly,Sambar, Chatani	Rice, Dal, Besar ,Papad , Achara	Tea, Biscuit	Roti/Rice, Mix Veg, Milk
FRIDAY	Tea	Simui & Suji Uppama, Chuttny, Boield Egg	Rice, Dal ,Fish Curry , Bhaji , Achara	Tea, Biscuit	Roti/Rice , Kabuli Curry, Achara
SATURDAY	Tea	Puree/Bara , curry, Boield Egg	Rice, Dal, , Mix Veg,Papad , Achara	Tea, Biscuit	Roti/Rice , Dalma, Simei
SUNDAY	Tea	Chuda Upma,Curry	Rice, Dal, Chicken Curry , Bhaji, Achara	Tea, Biscuit	Roti/Rice ,Dal, Mix Veg, Achar