

HOME FOR SENIOR CITIZENS

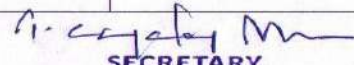
- i) Name of the Organization : ARASAN RURAL DEVELOPMENT SOCIETY, 129D Anna Salai, Kalakad 627 501, Tirunelveli District, Tamil Nadu
 ii) Name and address of the Project : ARASAN OLDAGE HOME Sarvodaya Sangh Buildings, Nanguneri 627 108, Tirunelveli District, Tamil Nadu
 iii) Year : 2022-2023

KITCHEN DETAILS - MENU & PHOTOGRAPH

**ARASAN RURAL DEVELOPMENT SOCIETY
 129 D ANNASALAI, KALAKAD-627501, TIRUNELVELI DISTRICT
 ARASAN OLDAGE HOME, NANGUNERI- 627108.**

	MORNIN G 7:00 A.M.	MORNING BREAKFAST 8:30 A.M	AFTERNOON LUNCH 1:30 P.M.	EVENING 4:30 P.M.	NIGHT DINNER 8:00 P.M.
SUNDAY	COFFEE	IDLAY, CHUTNEY	RICE, CHICKEN GRAVY, RASAM	TEA, CHICK PEA	WHEAT DOSAI, CHUTNEY
MONDAY	COFFEE	PONGAL CHUTNEY	MIXED VEGETABLE DAL RICE, PAPPAD, PACHADI OR KOOTU	TEA, BENGAL GRAM DAL	CHAPPATHI, POTATO GRAVY
TUESDAY	COFFEE	PUTTU, COCONUT, BANANA	RICE, SAMBAR, PORIYAL OR KOOTU	TEA, MUNG BEAN	WHEAT DOSAI, SAMBAR
WEDNESDAY	COFFEE	RAVA, SUGAR, BANANA	RICE, FISH GRAVY, RASAM	TEA, BISCUIT	RAVA DOSAI, CHUTNEY
THURSDAY	COFFEE	AAPPAM, COCONUT CHUTNEY	RICE,SUNDAVATTHAL KULAMBU, PORIYAL OR SPINACH	TEA, MUNG BEAN	ONION DOSAI, CHUTNEY
FRIDAY	COFFEE	VENPONGAL, CHUTNEY	RICE, EGG GRAVY, PORIYAL OR KOOTU	TEA, COW PEAS	IDLAY, SAMBAR
SATURDAY	COFFEE	POORI, POTATO KURUMA	RICE, MIXED VEGETABLES, FENUGREEK GRAVY	TEA, KESARI	CHAPPATHI, VEGETABLE GRAVY




SECRETARY
ARASAN RURAL DEVELOPMENT SOCIETY
 129-D, ANNA SALAI, KALAKAD - 627 501.
 TIRUNELVELI DISTRICT, TAMIL NADU.

STORE ROOM



KITCHEN UTENSILS



DINING HALL

