

YUVAK VIKAS KENDRA-25 ELDERS
NO-18-3-3C2, SURIYANARAYANA PURAM, KALIMETTU PATTI, UTHAMAPALAYAM,
THENI-625 533.
FOOD CHART

S.NO	DAYS	MORNING	AFTERNOON	NIGHT
1	MONDAY	IDLY,CHUTTNEY, SAMBAR	RICE,PULIKULAMBU, RASAM,BUTTER MILK,PORIYAL	IDLY, COCONUT CHUTTNEY
2	TUESDAY	PONGAL,CHUTTNEY SAMBAR	RICE,SAMBAR, BUTTER MILK RASAM,PORIYAL	IDLY, CHUTTNEY, SAMBAR.
3	WEDNESDAY	IDLY,CHUTTNEY, SAMBAR	RICE,DHAL,CHERRY BEAN, RASAM,BUTTER MILK,PORIYAL	PONGAL, CHUTTNEY, SAMBAR.
4	THURSDAY	PONGAL,CHUTTNEY, SAMBAR	RICE,SUNDAL KULAMBU,BUTTER MILK,RASAM, PORIYAL	IDLY,CHUTTNEY, SAMBAR
5	FRIDAY	IDLY, CHUTTNEY, SAMBAR.	RICE,SAMBAR, RASAM,BUTTER MILK,PORIYAL	RAVA UPUMA, CHUTTNEY, CHILLY CHUTTNEY.
6	SATURDAY	PONGAL,SAMBAR, CHUTTNEY	RICE,PULI KULAMBU, RASAM,BUTTER MILK, PORIYAL	IDLY,COCUNUT CHUTNEY
7	SUNDAY	WHEAT UPUMA, CHUTNEY,SAMBAR	RICE, NON-VEG, KULAMBU, RASAM, BUTTER MILK.	DOSA, CHUTNEY, SAMBAR.

K. Amritha
DIRECTOR / SECRETARY
YUVAK VIKAS KENDRA
UTHAMAPALAYAM