

## DIET CHART 2021-22

<b>SCHEME NAME:</b>	<b>Atal Vayo Abhyuday Yojana (AVYAY)</b>
<b>NAME OF ORGANIZATION:</b>	<b>YOUTH RURAL DEVELOPMENT TRUST</b>
<b>PROJECT TYPE:</b>	<b>Maintenance of Senior Citizens Homes for 50 elderly Women</b>
<b>PROJECT LOCATION:</b>	<b>SHREE BALAJI OLDAGE HOME, OPPO. ANJANI NANDAN DHARAMSHALA,TODABHIM ROAD, MEHANDIPUR BALAJI,DAUSA-321610</b>

<b>DAILY MENU</b>	<b>MORNING TEA (7AM)</b>	<b>BREAKFAST (8AM-9AM)</b>	<b>LUNCH (11:30-12:30)</b>	<b>SNACKS (4-4:30)</b>	<b>DINNER (7PM-8PM)</b>	<b>NIGHT (9:30)</b>
<b>MONDAY</b>	TEA	POHA & TEA	VEG,DAL, RICE & CHAPATI	TEA & BISCUIT	RABDI, VEG AND CHAPATI	MILK
<b>TUESDAY</b>	TEA	DALIYA & MILK	VEG,KADI, RICE & CHAPATI	NIMBUPANI	KHICHDI, KADI AND CHAPATI	MILK
<b>WEDNESDAY</b>	TEA	UPMA & TEA	VEG,DAL, RICE & CHAPATI	TEA & FRUIT	DAL, RICE & CHAPATI	MILK & CHAWANPRASH
<b>THURSDAY</b>	TEA	RABDI AND MILK	VEG,RAYTA, RICE & CHAPATI	JUICE	DALIYA, VEG AND CHAPATI	MILK
<b>FRIDAY</b>	TEA	SPROUTED MOONG&MOTH/CHANNA AND TEA	VEG,DAL, RICE & CHAPATI	TEA & BISCUIT	RABDI, VEG AND CHAPATI	MILK & PROTIN POWDER
<b>SATURDAY</b>	TEA	PRANTHA AND TEA	VEG,KADI, RICE & CHAPATI	TEA & FRUIT	KHICHADI, VEG & CHAPATI	MILK
<b>SUNDAY</b>	TEA	IDLI SAMBHAR & TEA	VEG,KHEER & CHAPATI	JUICE	DALIYA,VEG AND CHAPATI	MILK & CHAWANPRASH