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| **YOUTH RURAL DEVELOPMENT TRUST, OLD AGE HOME - JAIPUR** |
| **TEA TIME** | **BREAKFAST** | **LUNCH** | **SNACKS** | **DINNER** | **NIGHT TIME** |
| CHAI / TOAST | CHHACHH RABRI / POHA +CHAI |  HARI SABJI +DAL+ROTI + CHAWAL+AACHAR + CURD | TEA+BISCUIT/ SHARBAT/FRUITS | DAL+ CHAWAL + ROTI+ SALAD + GREEN MANGO CHUTNEY | MILK |
| CHAI/ MATHRI | IDLI / UPMA +CHAI | HARI SABJI + DAL + CHAWAL + ROTI + RAITA | TEA+BISCUIT / NIMBU PANI | RAJMA + CHAWAL+ ROTI | MILK |
| CHAI /TOAST | MEETHA DALIYA +CHAI | HARI SABJI + DAL + CHAWAL + CHHACHH + ROTI + PAPAD | TEA+BISCUIT/ AAM PANNA/FRUITS | DAL PALAK /METHI+ CHAWAL+ROTI + NARIAL CHUTNEY | MILK |
| CHAI / MATHRI | VEG BIRYANI / KHICHDI +CHAI | HARI SABJI + DAL + CHAWAL + CURD + ROTI + AACHAR  | TEA+BISCUIT/ SHARBAT | DAL+ CHAWAL + ROTI+ SALAD | MILK |
| CHAI / TOAST | DALIYA NAMKEEN+CHAI | HARI SABJI + KADI + CHAWAL + ROTI | TEA+BISCUIT / NIMBU PANI | ALOO - CHANNA +CHAWAL+ ROTI + CHAWAL + TOMATO CHUTNEY | MILK |
| CHAI / MATHRI | CHANE/MONG+MOTH+CHAI | HARI SABJI + DAL + CHAWAL + ROTI + PAPAD | TEA+BISCUIT/ AAM PANNA/ FRUITS | DAL+ CHAWAL + ROTI+ SALAD | MILK |
| CHAI / TOAST | SUJI KA CHEELA / BREAD+CHAI | DAL + BATI + CHURMA + CHHACH + PAPAD  | TEA+BISCUIT/ SHARBAT | MIX VEG + RAITA + GREEN CHUTNEY + SALAD + ROTI + AACHAR + PAPAD | MILK |