

POVVER AYYA VAIKUNDAR HOME FOR SENIOR CITIZENS
National Action Plan for Senior Citizen (NAPSrC) –
Atal Vayo Abhyuday Yojana (AVYAY)
3/26A, South Thamaraikulam (Post), Kanyakumari - 629701

FOOD Menu

Day	Time				
	Morning		Afternoon	Evening	Night
	7.00	9.00 - 9.30	1.00 – 1.30	5.00	8.00 – 8.30
Monday	Chukku malli coffee	Vermicilli/sooji, Sugar, Tea	Fish Curry, rasam, subji	Tea + Aval	Tiffin
Tuesday	Chukku malli coffee	Aappam, Chickpeas Curry	Sambar, rasam, potato fry	Tea +Buiscuit	Tiffin
Wednesday	Chukku malli coffee	Ragi Dhosa / Wheat flour Dhosa, Tea	Fish Curry, rasam, subji	Tea + Green gram	Tiffin
Thursday	Chukku malli coffee	Idly, Sambar/ chutney, Tea	Egg Curry, Rasam, subji	Tea + Bengal Gram	Tiffin
Friday	Chukku malli coffee	Dhosai, Chutney, Tea	Dhal, rasam, Spinach/Aviyal	Tea + Biscuit	Tiffin
Saturday	Chukku malli coffee	Ragi Dhosa / Wheat flour Dhosa, Tea	Fish Curry, rasam, subji	Tea + Chick Peas	Tiffin
Sunday	Chukku malli coffee	Green gram Porridge, thuvayal	Curry, rasam, Spinach/Aviyal	Tea +	Tiffin

- Note - 1. On Special Ocassions Special Foods and Snacks are Given.**
2. Monthly once Puttu + Green gram
3. Monthly Twice Chick peas, Green gram, Other Snacks.



For POVVER

(R N Geethai Keasav Vennih)
Director









