

NAME OF THE SCHEME : An Integrated Programme for Senior Citizens (IPOP)

NAME AND ADDRESS OF THE PROJECT : OLD AGE HOME " ANANDAM " VILL- UTTAR HARISPUR , PO : PANCHARUL . DIST : HOWRAH -711225

YEAR : 2020-21

VILLAGE WELFARE SOCIETY

FOOD MENU FOR BENEFICIARIES

Timing Scheduled & Food Items

Items	Timings (From -To)	Food Item Details	Remarks
Bed Tea	6.00 AM TO 6.30 AM	Tea & Biscuit or Puffed Rice or Chira Bhaja	For the months from March to October
	7.00 AM TO 7.30 AM		For The months from November To February
Breakfast	7.30 A.M TO 8.00AM	Roti / Poori with Sabji or Puffed Rice and sesonal fruit	For the months from March to October
	8.30 AM TO 9.00AM		For The months from November To February
Lunch	12.30 Pm TO 1.30 Pm	Rice , Dal , Vegetable , Dry Veg Egg Curry or Fish Curry / Chicken Curry and Chutney and Sweet Panner Curry (For Vegetarian)	Through The Year
			One Day Veg - Two Day Egg - Two Day Fish and Two Day Chicken
Evening Snacks :			
A) Tea	4.00 Pm TO 4.30 PM	Tea & Biscuit	Through The Year
B) Tiffin	6.00 Pm TO 6.30 PM	Samosa / Chop / Chanachur / Puffed Rice / Noodles / Chowmin	Through The Year
Dinner	9.00 PM TO 9.45 PM	Roti / Rice, Mixed Dal , Vegetable and Milk or Sweets	Through The Year
Switch Off	10.00 Pm		



For Village Welfare Society

[Signature]
Secretary