

**NAME OF THE SCHEME : An Integrated Programme for Senior Citizens ( IPOP ) ( AVYAY)**  
**NAME AND ADDRESS OF THE PROJECT : OLD AGE HOME " ANANDAM " VILL- UTTAR HARISPUR , PO : PANCHARUL . DIST : HOWRAH -711225**  
**YEAR : 2024-2025**  
**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	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 or Chira Bhaja 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		

**NB: Food Menu may be Change time to time on availibility of market price and supply**

For Village Welfare Society

Secretary

