

SHRI RAM SEVA SAMITI , JAIPUR {VRADHASHARAM, NADBAI}

NEAR GOVT HOSPITAL, NAGAR ROAD, NADBAI

[BHARATPUR]

S.N O	DAY	MORNIN G 6.30 AM	BREAKFA ST 8.00 AM	LUNCH 12.00	3.00 PM	4.0 0 PM	DINNER 7.30PM	9.0 0 PM
1	MONDAY	TEA/FEN	POHA	CHAPATI/DAL/RICE/GREENVEG/ DAHI/SALAD	TEA/BISCU IT	FRUI T	CHAPATI/GREENV EG ACHAAR	MILK
2	TUESDAY	TEA/BISCUIT	DALIYA	CHAPATI/DAL/RICE/GREENVEG/ DAHI/SALAD	TEA/TOAS T	FRUI T	CHAPATI/GREENV EG SWEETS	MILK
3	WEDNESD AY	TEA/BREAD	SOOJI KA HALWA/PAKO DI	CHAPATI/DAL/GREENVEG/CHAA CH SALAD/SWEETS	TEA/FEN	FRUI T	CHAPATI/GREENV EG KHICHDI	MILK
4	THRUSDAY	TEA/BISCUIT	SPROUTS	CHAPATI/RICE/KADHI/SALAD	TEA/BREA D	FRUI T	CHAPATI/DAL/ ACHAR	MILK
5	FRIDAY	TEA/TOAST	OOPMA	CHAPATI/DAL/RICE/GREENVEG DAHI/SALAD	TEA/BISCU IT	FRUI T	CHAPATI/GREENV EG SWEET	MILK
6	SATURDAY	TEA/FEN	IDLI/SAMBHA R	CHAPATI/DAL/RICE/GREENVEG DAHI/SALAD	TEA/TOAS T	FRUI T	CHAPATI/GREENV EG RAABDI	MILK
7	SUNDAY	TEA/BREAD	DALIYA	SPECIALDIET KHEER/PUDI/SABJI/DALBATICHU RMA	TEA/FEN	FRUI T	CHAPATI/DAL/RIC E	MILK