

**'DIGANTE' SENIOR CITIZEN'S
RESIDENCE.**

WEEKLY FOOD CHART

6.30-7am- Bed Tea, Biscuit.

8.30-9.30 am- Breakfast

Different on each day.

1. Dalia Mung Dal + fry- item
2. Bread Sandwich
3. Paratha or Ruti + Sabji
4. Chowmin
5. Upma / Suji
6. Sabji- Paratha
7. Chirer Pulao(Poha)
8. Aloo Paratha
9. Idli
10. Bread, Omlet/ Boiled Egg,
11. Cornflex, milk
12. Oats, Milk
13. Luchi/Puri, Sabji
14. Kachuri-Sabji

10.30am- Mid Morning- Seasonal fruits/ Juice/
Lassi/ Sprout-Salad (One portion- Any one)

12.30-1.30Pm- Lunch (Different on each day)

Rice/Dal/Vej- Fry/ Veg-Curry- Everyday for all

Non Vegetarian - Fish/Egg/ Chicken

Vegetarian – Curd

Thursday: Veg. Day

Paneer/ Dhoka- Dalna/ Kofta/ Chatni/ Papad/ Curd

Veg Fry- Seasonal Vegetable

Veg Curry- Seasonal Vegetable

4.30- 5.00 pm- Tea, Biscuit

5.30-6.00 pm – Evening Snacks (Rotation)

1. Chowmin
2. Chop / Veg-Pakora
3. Masla Muri
4. Chire-Badam- Vaja
5. Chal-Badam- Vaja
6. Wrap Role
7. Mashala Ghugni.
8. Veg-Pan Cake

9. Sandwich
10. Aloo-kabli
11. Dhokla (Khamand)
12. Samosa/ Singara
13. Chinese Pan-cake
14. Idli
15. Dosa
16. French Toast
17. Egg Devil
18. Fish Fry/ Fish Finger
19. Chicken Pakora.
20. Popcorn.

8.00-9.00pm: Dinner

Roti/Rice/ Vaja /Sabji: Everyday for all

Dal- Item: (Any One)

1. Cholar Dal
2. Dal Tadka
3. Veg- Dal Fry
4. Kabli Chole
5. Rajma
6. Chilly Chicken
7. Chilly paneer
8. Channa Dal
9. aloo matar
10. aloor dom
11. Nabaratan- Korma

MILK Item: Any one Everyday.

1. Milk
2. Payes
3. Channa
4. Lachha- Kheer
5. Sweet

Weekly Food Chart , Subject to availability of
Raw Materials Locally.

Menu may be changed at any time / Day, & is
the sole discretion of DIGANTE Authority.

*Extra food will be supplied on request at extra cost
accordingly.*

*At Lunch all Vegetarians will be served with a
portion of Curd.*