

## Photographs of Kitchen




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President

Global Health Immunisation &  
Population Control Organisation  
Rangitoo : Nagaon : Assam

## GLOBAL HEALTH IMMUNISATION & POPULATION CONTROL ORGANISATION

Weekly Menu - Senior Citizen's Home, District: Dima-Hasao (Assam)

SL. No	DAY	TEA 6.30 AM	BREAKFAST (8.00 AM)	LUNCH (1.00 PM)	EVENING TEA(4.00PM)	DINNER (08.00PM)
01	Monday	Milk Tea Biscuit/ Bread	Khisir (Rice, Dal, Vegetables )	<b>Veg.</b> (Rice, Sabji, Dal Fry, Bhaji, Pickle, Green-Salad)	Milk Biscuit/Bread	<b>Non-Veg.</b> (Rice, Egg, Sabji, Dal, Papad, Pickle)
02	Tuesday	Milk Tea Biscuit/ Bread	Boiled Rice, Sabji	<b>Non-Veg.</b> (Rice, Fish, Sabji, Soyabin, Dal, Bhaji, Pickle, Green-Salad)	Milk Biscuit/Bread	<b>Veg.</b> (Rice, Sabji, Dal, Papad, Pickle)
03	Wednesday	Milk Tea Biscuit/ Bread	Khisir (Rice, Dal, Vegetables)	<b>Veg.</b> (Rice, Soyabin, Pitika, Sabji, Dal, Bhaji, Pickle, Green-Salad)	Milk Biscuit/Bread	<b>Veg.</b> (Rice, Soyabin, Sabji, Dal, Pitika, Pickle)
04	Thursday	Milk Tea Biscuit/ Bread	Boiled Rice, Sabji	<b>Veg.</b> (Rice, Soyabin, Sabji, Bhaji, Dal, Pickle, Green-Salad)	Milk Biscuit/Bread	<b>Non-Veg.</b> (Rice, Fish, Sabji, Dal, Papad, Pickle)
05	Friday	Milk Tea Biscuit/ Bread	Khisir (Rice, Dal, Vegetables)	<b>Non-Veg.</b> (Rice, Fish, Sabji, Dal, Pitika, Pickle, Green-Salad)	Milk Biscuit/Bread	<b>Veg.</b> (Rice, Sabji, Dal, Pickle)
06	Saturday	Milk Tea Biscuit/ Bread	Boiled Rice, Sabji	<b>Veg.</b> (Rice, Soyabin, Dal, Sabji, Pickle, Green-Salad)	Milk Biscuit/Bread	<b>Veg.</b> (Rice, Soyabin, Sabji, Dal, Pickle)
07	Sunday	Milk Tea Biscuit/ Bread	Roti, Sabji, Bhaji	<b>Non-Veg.</b> (Rice, Papad, Chicken, Dal, Pickle, Green-Salad)	Milk Biscuit/Bread	<b>Veg.</b> (Rice, Sabji, Dal, Pickle)

  
**General Secretary**  
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