

**ANNAI INDRA PENGAL MUNNETRA SANGAM**  
**MAINTENANCE OF CONTINUOUS CARE HOME AND HOME FOR SR. CITIZENS**  
**AFFLICTED WITH ALZHEIMER'S DISEASE/ DEMENTIA- MADURAI**

**FOOD CHART**

S.NO	DAYS	MORNING	AFTERNOON	NIGHT
1	MONDAY	IDLY,CHUTTNEY, SAMBAR	RICE,SAMBAR, RASAM,BUTTER MILK,PORIYAL	IDLY, COCONUT CHUTTNEY, SAMBAR
2	TUESDAY	PONGAL,CHUTTNEY SAMBAR	RICE,PULIKULAMBU, BUTTER MILK RASAM,PORIYAL	IDLY, CHUTTNEY, SAMBAR.
3	WEDNESDAY	IDLY,CHUTTNEY, SAMBAR	RICE,DHAL,PATTANI, RASAM,BUTTER MILK,PORIYAL	DOSA, CHUTTNEY, SAMBAR.
4	THURSDAY	PONGAL,CHUTTNEY, SAMBAR	RICE,SUNDAL KULAMBU,BUTTER MILK,RASAM, PORIYAL	WHEAT RAVA UPUMA, CHUTTNEY
5	FRIDAY	IDLY, CHUTTNEY, SAMBAR.	RICE,SAMBAR, RASAM,BUTTER MILK,PORIYAL	RAVA UPUMA, CHUTTNEY, CHILLY CHUTTNEY.
6	SATURDAY	PONGAL,SAMBAR, CHUTTNEY	RICE,PULI KULAMBU, RASAM,BUTTER MILK, PORIYAL	IDLY,COCUNUT CHUTNEY
7	SUNDAY	IDLY,DOSAI, CHUTNEY,SAMBAR	RICE, NON-VEG, KULAMBU, RASAM, BUTTER MILK.	DOSA, CHUTNEY, SAMBAR.