

OLD AGE HOME

ABHOY ASHRAM, HOSPITAL CHOWMUHANI, FULTALI ROAD,
P.O.- SEKEREKOTE, GOKULNAGAR G.P., BISHALGARH, SEPAHIJALA DISTRICT,
TRIPURA- 799102

FOOD MENU

Days	Items			
	Breakfast	Lunch (12:30 pm)	Evening Refreshment (04:30 pm)	Dinner (08:00 pm)
Monday	Morning tea with biscuits (6 to 7 am) Rice with boiled vegetables and pulse (8.30 to 9 am), Seasonal fruits with lemon juice glucose water (10:30 am)	Rice, Pulse, veg fry, veg curry, Chutney	Milk Cornflex	Rice, pulse, soya veg
Tuesday		Rice, pulse, fish curry, leaf vegetables,	Tea, Biscuit, puffed rice or Chapati	Rice, pulse, mixed veg
Wednesday		Rice, pulse, fry, churned fish head curry	Tea, Biscuit, puffed rice	Rice, pulse, potato curry
Thursday		Rice, pulse, mixed veg, paneer, Chutney	Milk, Biscuit	Rice, pulse, Veg curry
Friday		Rice, pulse, mixed veg, egg curry	Tea, puffed rice, mixed salty snack	Rice, pulse, Boiled vegetable
Saturday		Rice, Pulse, soya veg fish curry	Tea, Biscuit, puffed rice or Chapati	Rice, pulse, Veg curry
Sunday		Rice, pulse, mixed veg, fish curry	Tea, Chowmin	Rice, pulse, Mixed veg with fish head

- Diet chart is changed according to emergency situation. Peepers, clove, honey, turmeric, ginger, Cinnamon mixture is given to all elderly at 03:30 pm everyday to improve their vitality and immunity.
- Sweet & special dish are being served in different festival days & occasions.

Rajib kr Roy

(Sri Rajib Kumar Roy)
Superintendent
Old Age Home

Susmita De

(Miss. Susmita De)
Secretary
Abhoy Mission