

DIET CHART

MANIPUR LEPROSY REHABILITATION CENTRE AC –Abasheshey, Old Age Home, ADRA, DIST-PURULIA, PIN-723121

For the period from – 16.06.24 to 30.06.24


Day	Date			Morning Tea	Breakfast		Mid Day Meal				Afternoon Tiffin		Night Meal			
													Ruti	Pulses	Potato	Dal, Kumra, Puiin
Sun	16	23	30	Tea, Biscuits, Sweet	Press Predy	Sugar	Rice	Pulses	Potat oes	Meat , jhinga	Tea	Biscuits	Ruti	Pulses	Potato	Dal, Kumra, Puiin
Mon	17	24		Tea, Biscuits, Horlicks	Sujee	-do-	-do-	-do-	-do-	Postu, Kundri, Egg, SALAD, SHAK	-do-	-do-	-do-	-do-	-do-	Dal, Potal
Tue	18	25		Tea, Biscuits, Milk	Puffed rice + Ghugni	-----	-do-	-do-	-do-	Fish, Begun, K.kola, Karela, SHAK	-do-	-do-	-do-	-do-	-do-	Dal, Soyabeen
Wed	19	26		Tea, Biscuits, Horlicks	Pressed paddy	-do-	-do-	-do-	-do-	Egg, SUPTA, SALAD, Tomat o,	-do-	-do-	-do-	-do-	-do-	Dalma, Ruti, Vindi
Thu	20	27		Tea, Biscuits, Milk	Puffed rice + Ghugni	-----	-do-	-do-	-do-	Postu, SALAD, Jhinga	-do-	-do-	-do-	-do-	-do-	Dal, Soyabeen
Fri	21	28		Tea, Biscuits, Horlicks	Daliya	-do-	-do-	-do-	-do-	Egg, ,Mula, Begun, Tomato,, barb ati	-do-	-do-	-do-	-do-	-do-	Dal, Loue,
Sat	22	29		Tea, Biscuits, Milk	Puffed rice + Ghugni	-----	-do-	-do-	-do-	Egg, ,echard SALAD, SHAK	-do-	-do-	-do-	-do-	-do-	Dal, Soyabeen

Note:-

Sweet once in a week

Diet chart used change after every 15 days

Sudipta Mukherjee
 16/06/2024
Superintendent
 Superintendent
 Old Age Home under IPSrC
 Manipur Leprosy Rehabilitation Centre


General Secretary
 General Secretary
 Manipur Leprosy Rehabilitation Centre
 Purulia. Pin-723121
 16/06/24

Manipur Leprosy Rehabilitation Centre