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| **CAD MS TRUST (R) DEEPASHRI OLD AGE HOME** |
| **DIET MENU** |
| **DAYS** | **BREAKFAST(7:30am)** | **LUNCH(1:30pm)** | **DINNER(7:30pm)** |
|  |  |  **ªÀÄÄzÉÝ, ¸ÉÆ¥ÀÄà ¸ÁgÀÄ, C£Àß, ©ÃmïgÉÆÃmï ¥À®å, ªÀÄfÓUÉ** **Ragiball, Spinachsambar, Rice,**   **BeetrootSidedish,Buttermilk** |  **ZÀ¥Áw, lªÉÆÃmÉÆ ZÀnß, C£Àß, ¸ÁgÀÄ****Chapathi,Tomatochatni,Rice,Sambar** |
|  **¸ÉÆÃªÀÄªÁgÀ** **Monday**  | **CªÀ®QÌ** |
|  |  **Flattened Rice** |
| **ªÀÄAUÀ¼ÀªÁgÀ** | **avÁæ£Àß/lªÉÆÃmÉÆ ¨Ávï** |  **ªÀÄÄzÉÝ, ¨ÉÃ¼É ¸ÁgÀÄ, C£Àß, PÉÆÃ¸ï ¥À®å, ªÀÄfÓUÉ** **Ragiball, Sambar ,Rice, CabbageSidedish,** **Buttermilk** |  **ZÀ¥Áw, »ÃgÉÃPÁ¬Ä ¥À®å, C£Àß, ¸ÁgÀÄ** **Chapathi, RidgegourdSidedish, Rice,**  **Sambar** |
| **Tuesday** |  **Lemon Rice/Tomatorice** |
| **§ÄzsÀªÁgÀ** | **zÉÆÃ¸É/Erè** **Dosa /Idli**  | **ªÀÄÄzÉÝ, w½ ¸ÁgÀÄ, C£Àß, lªÉÆÃmÉÆ FgÀÄ½î ¥À®å, ªÀÄfÓUÉ** **Ragiball, Rasam, Rice, Tomato Onion**  **Sidedish,Buttermilk** |  **ZÀ¥Áw, ¨ÉAqÉPÁ¬Ä ¥À®å, C£Àß, ¸ÁgÀÄ** **Chapathi, LadiesfingerSidedish , Rice,** **Sambar**  |
| **Wednesday** |   |
| **UÀÄgÀÄªÁgÀ** | **¥ÀÄ½AiÉÆÃUÀgÉ****Puliyogare** |  **ªÀÄÄzÉÝ, PÁ¼ÀÄ ¸ÁgÀÄ, C£Àß, ¨ÉAqÉPÁ¬Ä ¥À®å, ªÀÄfÓUÉ** **Ragiball , Kalusambar, Rice,**  **LadiesfingerSidedish , Buttermilk**  |  **ZÀ¥Áw, C®ÆUÀqÉØ ¥À®å, C£Àß, ¸ÁgÀÄ** **Chapathi, PottatoSidedish, Rice,**  **Sambar**   |
| **Thursday** |   |
|  **±ÀÄPÀæªÁgÀ**  | **G¦àlÄÖ/¥À¯Áªï****Upma/Palav** | **ªÀÄÄzÉÝ, ªÀÄÆ®AV ¸ÁgÀÄ, C£Àß, vÉÆAqÉPÁ¬Ä ¥À®å, ªÀÄfÓUÉ** **Ragiball, Radishsambar, Rice,** **ToenutSidedish , PottatoSidedish** |  **ZÀ¥Áw, PÉÆÃ¸ï ¥À®å, C£Àß, ¸ÁgÀÄ** **Chapathi, CabbageSidedish, Rice,**  **Sambar**  |
|  **Friday** |   |
| **±À¤ªÁgÀ** | **¥ÉÆAUÀ¯ï/ªÁAV¨Ávï****Pongal/Vangibath** |  **ªÀÄÄzÉÝ, vÀgÀPÁj ¨ÉÃ¼É ¸ÁgÀÄ, C£Àß, C®ÆUÀqÉØ ¥À®å, ªÀÄfÓUÉ** **Ragiball, Vegetable Sambar ,Rice,** **PottatoSidedish, Buttermilk**  |  **ZÀ¥Áw, vÉÆAqÉPÁ¬Ä ¥À®å, C£Àß, ¸ÁgÀÄ** **Chapathi, ToenutSidedish ,Rice,**  **Sambar**  |
| **Saturday** |   |
|  |  |  **ªÀÄÄzÉÝ, G¥ÀÄà ¸ÁgÀÄ, C£Àß, »ÃgÉÃPÁ¬Ä ¥À®å, ªÀÄfÓUÉ** **Ragiball, Uppusambar ,Rice, RidgegourdSidedish, Buttermilk** |  **ZÀ¥Áw, lªÉÆÃmÉÆ FgÀÄ½î ¥À®å, C£Àß, ¸ÁgÀÄ****Chapathi, Tomato Onion Sidedish, Rice,**  **Sambar**  |
| **¨sÁ£ÀÄªÁgÀ** | **zÉÆÃ¸É/Erè** |
| **Sunday** |   **Dosa/Idli** |

**7:30AM-Coffe/Tea/Milk, 8:00am- Prayer, 5:00pm-Coffe/Tea/Milk With Snacks,**