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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,**