

RURAL EDUCATION FOR ACTION AND DEVELOPMENT AGENCY

**1-B/95-2, RENUGA HR.SEC.SCHOOL ROAD, NEIKARAPATTI (PO),
NEIKARAPATTI, PALANI, DINDIGUL-624615.**

FOOD MENU

DAY	MORNING	MORNIN G TEA TIME	LUNCH	EVENING TEA TIME	NIGHT
SUNDAY	PONGAL,CHATNI, SAMBAR	TEA, BISCUIT	RICE,CHIKKAN, RASAM	TEA, BISCUIT, SUNDAL	IDLY,CHATNI, SAMBAR
MONDAY	IDLY,CHATNI, SAMBAR	TEA, MIXTURE	RICE,SAMBAR, RASAM,BUTTERMILK, VEGITABLE PORIYAL	TEA, BISCUIT	IDELY,SAMBAR/ RICE,SAMBAR
TUESDAY	PONGAL,SAMBAR	TEA, BISCUIT, SUNDAL	RICE,PULIKKULAMBU, RASAM,BUTTERMILK	TEA, MUNG BEANS	IDLY,CHATNI, SAMBAR
WEDNESDAY	IDELY,CHATNI, SAMBAR	TEA,MILK	RICE,DHALL,PEAS CURD RICE,LEMON RICE	TEA BISCUIT, MIXTURE	PONGAL,SAMBAR CHATNI
THURSDAY	PONGAL,SAMBAR, CHATNI	TEA, MIXTURE	RICE,TAMARIND CURRY,RASAM,BUTTER MILK	TEA, MISTURE, SUNDAL	IDLY,CHATNI
FRIDAY	IDLY,CHATNI, SAMBAR	TEA/COFE E, SUNDAL	RICE,SAMBAR, VEGITABLES BUTTERMILK	COFFEE/ MILK, SUNDAL, BISCUIT	PONGAL,SAMBAR
SATURDAY	WHEAT DOSA, CHATNI	TEA,SUND AL	RICE,PEAS CURRY,GREENS	TEA, BISCUIT	TOMATO RICE, COCONUT CHATNI.