

**DAILY FOOD SERVED in the SHANG-GAI, Senior Citizen's Home,
BCSL, Bashikhong Kitnapanung, Imphal East, Manipur-795008**

DAYS	BREAKFAST (8:00 – 9:00 am)	LUNCH (11:30 am – 01:30 pm)	DINNER (08:00 pm - 9:00 pm)
MONDAY	Bread and Tea	Rice, vegetable curry and salad	Rice, dal and salad
TUESDAY	Milk and banana	Rice, dal and salad	Rice, eromba and papad
WEDNESDAY	Tea and biscuits	Rice, vegetable curry and salad	Rice, fish/ egg curry and salad/ chamfut
THURSDAY	Puri/chappati and tea	Rice, dal and pakore/papad	Rice, vegetable curry and salad/ papad
FRIDAY	Bread/ puff and tea	Rice, egg/ fish curry and salad	Rice, eromba and chamfut
SATURDAY	biscuits/ fruits and tea	Rice, vegetable curry and salad	Rice, dal and salad
SUNDAY	Banana, biscuits and milk	Rice, fish/egg curry, eromba, dessert	Rice, dal and chamfut/ papad/ vegetable fry.

Evening tea time: 04:00 pm to 04:30 pm

Note: Flexibility of time according to the ability of the inmates.