KITCHEN MENU



Morning Tea	Coffee / Tea and Biscuits / Rusks / Fan Puffs
Breakfast	Daliya / Cornflakes (with Milk) / Idli / Vada / Upma/Bread Oats / Poha / Chiwda / Parantha / Toast / Paav / Dhokla (daily)
	Plus
	Boiled Egg or Seasonal fruits (twice a week)
Lunch	Chapati, Rice, Dal/ Sambhar, one green vegetables, Curd, Salad (daily)
	Plus
	Special Meal (Veg / Non-Veg) and Sweet (Halwa / Kheer, etc.) once a week
Evening Tea	Coffee / Tea and Biscuits / Rusks / Fan Puffs
Dinner	Chapati / Rice / Dosa / Uttapam, Dal / Sambhar, One Seasonal vegetable / khichdi

(MOHD. AZIZUR KHAN)

Secretary , NIRMA
Secretary
New Integrated Rural
Management Agency, Manipur