

**OFFICE OF THE  
NEW INTEGRATED RURAL MANAGEMENT AGENCY (NIRMA),  
Nungphou Bazar, Sangaiyumpham Part-I, P.O. Wangjing-795148,  
Thoubal District, Manipur**



**FOOD MENU  
FOR**

**MAINTENANCE OF SENIOR CITIZENS' HOME FOR 50  
BENEFICIARIES**

<i>Sl. No.</i>	<i>Timing</i>	<i>Items provided</i>
1.	<b>Morning Tea</b>	Coffee or Tea with Biscuits/ Rusks/ Fan Puffs/ Bread
2.	<b>Breakfast</b>	Puri with Sabji (vegetable) (with Milk)/ Paratha/ Roti/ Butter Toast/ Paav (Daily) <p style="text-align: center;"><b>PLUS</b></p> Boiled Egg or Seasonal fruits (Twice a Week)
3.	<b>Lunch</b>	Chapati, Rice, Dal/ Sambhar, One Green Vegetable, Curd, Salad (Daily) <p style="text-align: center;"><b>PLUS</b></p> Special Meal (Vegetable or Non-Vegetable (Meat/ Fish) and Sweet (Halwa/ Kheer/ Gulab Jamun, etc. (Twice a week)
4.	<b>Evening Tea</b>	Coffee or Tea with Biscuits/ Rusks/ Fan Puffs/ Bread
5.	<b>Dinner</b>	Chapati or Rice, Dal / Sambhar with Sabji (Seasonal Vegetable) or Khichri, <p style="text-align: center;"><b>PLUS</b></p> Special Meal (Vegetable or Non-Vegetable (Meat/ Fish) and Sweet (Halwa/ Kheer/ Gulab Jamun, etc. (Twice a week)

**(MOHD. AZIZUR KHAN)**  
Secretary, NIRMA  
Secretary  
New Integrated Rural  
Management Agency, Manipur