

OFFICE OF THE
CENTRE OF RURAL UPLIFTMENT SERVICE (CRUS)

Wangbal, Thoubal, Manipur



FOOD MENU

FOR
MAINTENANCE OF SENIOR CITIZENS' HOME
FOR 25 BENEFICIARIES

DAYS	BREAKFAST	LUNCH	TEA BREAK	SUPER
	05:45 to 06:00 am	08:00 to 08:30 am	04:00 pm	07:00 to 07:30 pm
MONDAY	Milk & bread	Red Dal & Kanghou	Tea & Biscuit	Kangsoi & Ametpa
TUESDAY	Tea & Biscuit	Kangtak dal & Ametpa	Tea & Bread	Ironba & Kanghou
WEDNESDAY	Tea & Banana	Chamthong & Ametpa	Tea & Haluwa	Fish
THURSDAY	Milk & Biscuit	Utti & Ametpa	Tea & Biscuit	Kangsoi & Papad
FRIDAY	Tea & Haluwa	Egg	Tea & Bread	Mixed vegetables & Ametpa
SATURDAY	Milk & Biscuit	Red Dal & Pickle	Tea & Haluwa	Ironba & Champhut Badaam
SUNDAY	Milk & Haluwa	Meat	Tea & Biscuit	Chamthong & Ironba

(T. ROBIN SHARMA)

Secretary, CRUS

Secretary

Centre of Rural Upliftment Service
(CRUS) Wangbal-Thoubal-Manipur