

JNANA SINDHU EDUCATIONAL & CULTURAL SOCIETY (R), MANDYA



ಜಿಲ್ಲೆಯ ಹಿರಿಯ ಚೇತನಗಳ ಸ್ವಾಭಿಮಾನದ ಬದುಕಿನ ನೆಲೆ

ಜ್ಞಾನ ಸಿಂಧು ವೃದ್ಧಾಶ್ರಮ

ನಂ. 822/808, ಯತ್ತಗದಹಳ್ಳಿ (ಭೈರವೇಶ್ವರ ನಗರ), ಆರ್ಚ್‌ನಿಂದ 100 ಮೀಟರ್ ದೂರದ ಬಲಭಾಗದಲ್ಲಿರುವ ನೂತನ ಕಟ್ಟಡ, ಮಂಡ್ಯ

JNANA SINDHU HOME FOR SENIOR CITIZENS

D. Vijayakumar, B.E.,
Secretary

No. 822/808, Yattagadahalli (Bhryaveshwara Nagar),
Near Yattagadahalli Arch, MANDYA.
E mail : vijayakumard966@gmail.com

No.

Date: 28-06-2024

MENU CHART 2024-25

Sl. No.	Days	Morning		After Noon	Evening	Night
		6.30 to 7.00	8.30 to 9.00	1.30 to 2.30	4.30 to 5.00	8.00 to 8.45
1	Monday	Coffee/ Milk	Uppittu, Kesribath	Ragi ball, Veg. Sambar Palya, Rice, Happal Majjige, Sweets.	Tea Biscut/ Bred	Chapathi, Palya, Rice, Veg, Sambar, Curd, Banana
2	Tuesday	Coffee/ Milk	Chitrahanna Curd Rice	Ragi ball, vEg. Sambar Palya, Rice, Happala Majjige, Fruits	Tea Biscut/ Bred	Chapathi, Palya, Rice, Veg, Sambar, Curd, Banana, Egg
3	Wednesday	Coffee/ Milk	Pongle, Poori	Ragi ball, Veg. Sambar Palya, Rice, happla Majjige, Eff	Tea Biscut/ Bred	Chapathi, Palya, Rice, Veg, Sambar, Curd, Banana, Sweets
4	Thursday	Coffee/ Milk	Pongle, Poori	Ragi ball, Veg. Sambar, Palya, Rice, Happala, Majjige, Chicken	Tea Biscut/ Bred	Chapathi, Palya, Rice, Veg, Sambar, Curd, Fruits
5	Friday	Coffee/ Milk	Pongle, Poori	Ragi ball, Veg. Sambar, Palya, Rice, Happala, Majjige, Sweets	Tea Biscut/ Bred	Chapathi, Palya, Rice, Veg, Sambar, Curd, Banana, Egg
6	Saturday	Coffee/ Milk	Pongle, Poori	Ragi Ball, Veg. Sambar Palya, Rice, Happla, Majjige, Banana	Tea Biscut/ Bred	Chapathi, Palya, Rice, Veg, Sambar, Curd, Fruits, Egg
7	Sunday	Coffee/ Milk	Pongle, Poori	Ragi ball, Veg. Sambar, Palya, Rice, Happla, Majjige, Mutton/Chicken	Tea Biscut/ Bred	Chapathi, Palya, Rice, Rasam, Veg, Sambar, Curd, Banana

Aras
Secretary

Jnana Sindhu Old Age Home
822/808, Yattagadahally,
(Bhryaveshwara Nagara), MANDYA.