

JNANA SINDHU EDUCATIONAL & CULTURAL SOCIETY (R), MANDYA

ಜಿಲ್ಲೆಯ ಹಿರಿಯ ಚೇತನಗಳ ಸ್ವಾಭಿಮಾನದ ಬದುಕಿನ ನೆಲೆ



ಜ್ಞಾನ ಸಿಂಧು ವೃದ್ಧಾಶ್ರಮ

ನಂ. 822/808, ಯತ್ತಗದಹಳ್ಳಿ (ಭೈರವೇಶ್ವರ ನಗರ), ಆರ್.ನಿಂದ 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 : vijaykumard966@gmail.com

No.

Date: 5.4.2023

MENU CHART

Sl. No.	Days	Morning		After Noon	Eveinging	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, Happla Majjige, Sweets	Tea Biscut/ Bred	Chapathi, Palya,Rice Veg, Sambar, Curd, Banana
2	Tuesday	Coffee/ Milk	Chitrhanna, Curd Rice	Ragi ball, Veg.Sambar palya, Rice, Happla 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, Egg	Tea Biscut/ Bred	Chapathi, Palya,Rice Veg, Sambar, Curd, Banana, Sweets
4	Thrusday	Coffee/ Milk	Pongle, Poori	Ragi ball, Veg.Sambar palya, Rice, Happla Majjige, Chikken	Tea Biscut/ Bred	Chapathi, Palya,Rice Veg, Sambar, Curd, Fruits
5	Friday	Coffee/ Milk	Pongle, Poori	Ragi ball, Veg.Sambar palya, Rice, Happla 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
7	Sunday	Coffee/ Milk	Pongle, Poori	Ragi ball, Veg.Sambar palya, Rice, Happla Majjige,Mutton/ Chikken	Tea Biscut/ Bred	Chapathi, Palya,Rice, Rasam,Veg, Sambar, Curd, Banana

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Jnana Sindhu Old Age Home
822/808, Yattagadahally,
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Kitchen Area



Dinning Area



Store Room

