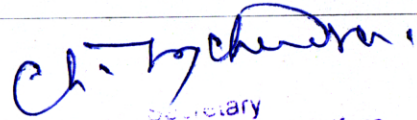


LEIMAREL WOMEN WELFARE ASSOCIATION  
ESTD 1986  
**NUTRITION CHART**

WEEKDAYS	BREAK FAST	LUNCH	AFTERNOON TEA BREAK	DINNER
	6.30 AM – 7.00 AM	10.30AM -11.30 AM	3.30 – 4.00PM	7.00 – 8.00 PM
MONDAY	MILK + BREAD	RICE + DAL + VEG SABJI + CHATNI(KANGMAT)	TEA + TOAST	RICE + FISH CURRY + VEG. SUBJI + CHATNI
TUESDAY	MILK + PULLAO	RICE + KANGSOI + VEG SUBJI + CHATNI	TEA + BISCUIT	RICE + MIXED DAL + VEG. SUBJI + CHATNI(KANGMET)
WEDNESDAY	MILK + BREAD + BOILLED EGG	RICE + DAL + VEG SABJI + CHATNI(KANGMAT)	TEA + TOAST	RICE + DAL + VEG. SUBJI + CHATNI(KANGMET)
THURSDAY	MILK + POHA	RICE + KANGSOI + VEG SABJI + CHATNI	TEA + BISCUIT	RICE + MIXED DAL + VEG. SUBJI CHATNI(KANGMET)
FRIDAY	MILK + PULLAO	RICE + DAL + VEG SABJI + CHATNI(KANGMAT)	TEA + TOAST	RICE + EGG CURRY + VEG SUBJI + CHATNI
SATURDAY	MILK + BREAD + SEASONAL FRUIT	RICE + KANGSOI + VEG SABJI + CHATNI	TEA + BISCUIT	RICE + MIXED DAL + VEG. SUBJI CHATNI(KANGMET)
SUNDAY	MILK + TOAST / BREAD	RICE + DAL + VEG SABJI + CHATNI(KANGMAT)	TEA + TOAST	RICE + KANGSOI + IROMBA

  
 Secretary  
 Ima Leimarel Women Welfare  
 Association Imphal