

PRIYADARSHINI OLD AGE HOME

H.NO.1/250-19, NGOS COLONY, BANAGANAPALLI.

RUN BY: PRIYADARSHINI MAHILA MANDALI, BANAGANAPALLI, NANDYAL DIST, A.P.

Aided by: Ministry of Social Justice & Empowerment, GOI, New Delhi.

PROJECT ID: IP/AP/KUR/00392

2026 - 2027

DAILY ACTIVITIES			DAILY MENU CHART					
Time	Activity	Day	Morning Break fast		Afternoon Lunch	Evening Snacks	Night Dinner	
			8.00 AM	9.00 AM	1.00 PM	4.00 PM	7.00 PM	
6 A.M	Wakeup &waking	Week	Milk With Ragi Malt	Edli, chutney.	Rice, Dal, Veg Curry, Curd	Tea, Masala borugulu Mixture	Rice, Chapatti, Dal, Rasam, Butter milk	
7 A.M	Daily Rotines							
8 A.M	Milk With Ragi Malt		Mon	Milk With Ragi Malt	Edli, chutney.	Rice, Dal, Veg Curry, Curd	Tea, Masala borugulu Mixture	Rice, Chapatti, Dal, Rasam, Butter milk
8 A.M	Prayers & yoga							
9 A.M	Break fast		Tues	Milk With Ragi Malt	Ragi boll, Chutney.	Rice, Dal, Veg Curry, Curd.	Tea, Bread.	Rice, Chapatti, Dal, Rasam, Butter milk
10 A.M	News papers & Television							
1 P.M	Lunch							
2 P.M	Rest							
4 P.M	Tea & snacks							
5 P.M	Entertainment							
6 P.M	Television							
7 P.M	Prayer							
7 P.M	Dinner		Wed	Milk With Ragi Malt	Dosa, chutney.	Rice, Dal, Veg Curry, Curd	Tea, Masala borugulu Mixture	Rice , Chapatti, Dal, Rasam, Butter milk
8 P.M	Sleep							
Note: Seasonal Fruits & Eggs are weekly twice. Non-Veg & Sweets are weekly Once.			Milk With Ragi Malt	Edli , Sambhar.	Rice , Dal, Veg Curry, Curd	Tea, Bread	Rice , Chapatti, Dal, Rasam, Butter milk	
								Thu
			Milk With Ragi Malt	Pongali, chutney.	Rice, Veg Curry, sambhar, Curd.	Tea, Biscuits	Rice , Chapatti, Sambhar, Butter milk	
								Fri
			Milk With Ragi Malt	Upma, Chutney.	Rice , Dal, Veg Curry, Curd	Tea, Bread	Rice, Chapatti, Dal, Rasam, Butter milk	
Sat								
Milk With Ragi Malt	Uggani, Putnala powder.	Rice, Dal, Veg Curry, Curd.	Tea, Biscuits	Rice, Chapatti, Dal, Rasam, Butter milk				
					Sun			