

Monday

Breakfast

| Idly, Vadai, Sambar, Chuntney, Bread, Jam.
| Coffee/Milk.

Lunch

| White Rice, Sambar, Rasam, Cabbage Kootu,
| Beans Poriyal, Curd, Pickle, Appalam.

Snacks

| Plain Cake (1),
| Tea/Coffee/Milk.

Dinner

| Chappathi, Veg Kuruma, | Chappathi, Chicken Salna,
| Ice Cream, Curd Rice, | Curd Rice, Pickle, Milk.
| Pickle, Milk.

Tuesday

Breakfast

Poori, Channa Masala/Aloo Masala, Bread, Jam.
Coffee/Milk.

Lunch

Sambar Sadham/Briniji Rice, Curd Rice, Potato
Poriyal, Pickle, Appalam/Cucumber Onion Ritha.

Snacks

Lenth Murkku (1 pkt),
Tea/Coffee/Milk.

Dinner

Idly, Sambar, Tomato (or) Coconut Chutney,
Curd Rice, Ice Cream, Milk.

Wednesday

Breakfast

Pongal, Vadai, Sambar, Chutney, Bread, Jam.
Coffee/Milk.

Lunch

White Rice, Green Gram Kulambu, Beetroot Poriyal, Rasam, Poti Appalam, Dhal Payasam, Pickle.	White Rice, Green Gram Kulambu, Beetroot Poriyal, Rasam, Poti Appalam, Boiled Egg, Pickle.
--	---

Snacks

Samosa (2), Mint Chutney/-
Sauce, Tea/Milk.

Dinner

Chappathi (2), Rice, Dhal, Carrot-Beans Poriyal, Gobi Gravy, Rasam, Butter Milk.	Chappathi (2), Rice, Dhal, Carrot-Beans Poriyal, Pepper Chicken, Rasam, Butter Milk.
--	--

Thursday

Breakfast

Rava/Semiya Uppma, Vadai, Chutney, Banana/Bread, Jam.
Coffee/Milk.

Lunch

White Rice, Garlic Kolambu/Sambar, Rasam, Pudalagai Kootu, Potato Chips, Curd, Pickle.

Snacks

Sambar Vadai (2).
Tea/Coffee/Milk.

Dinner

KalDosai, Sambar, Variety Chutney, Curd Rice, Pickle, Banana, Milk.

Friday

Breakfast

| Idly, Sambar, Chutney, Vadai, Bread, Jam.
| Coffee/Milk.

Lunch

| White Rice, Mango & Drumstick Sambar, Ghee,
| Cabbage Poriyal, Rasam, Curd, Podi Appalam,
| Pickle, Sweet (Jamun, Payasam).

Snacks

| Mixer (1 pkt).
| Tea/Coffee/Milk.

Dinner

Chappathi, Navarathana Kuruma, Curd Rice, Banana, Milk.	Chappathi, Egg Masala, Curd Rice, Banana, Milk.
---	---

Saturday

Breakfast

| Kichedy, Channa Masala, Bread, Butter, Jam.
| Coffee/Milk.

Lunch

| White Rice, Lemon Rice (or) Tomato Rice (or)
| Tamrind Rice (or) Coconut Rice, Vendhaiya
| Kulambu, Curd, Brinjal Mochai Choppsy, Appalam.

Snacks

| Keera Vadai (2).
| Tea/Coffee/Milk.

Dinner

| Masala Dosai, Sambar, Tomato (or)
| Coconut Chutney, Curd Rice, Milk.

Sunday

Breakfast

Onion Dosai, Plain Dosai, Fround Nut Chutney,
Sambar/ Bread, Jam.

Lunch

Veg Fried Rice /
Veg Biriyan,
Gobi Manjuriyan
/ Gobi-65, Curd Rice,
White Rice, Ritha,
Rasam, Brinjal Dalcha,
Lemon Juice.

Chicken Fried Rice /
Chicken Biriyan, White
Rice, Curd Rice, Ritha,
Brinjal Dalcha,
Lemon Juice.

Snacks

Black (or) White Chenna.
Tea / Coffee / Milk.

Dinner

White Rice, Sambar, Rasam, Potato Poriyal,
Appalam, Milk.