

# Monday

## Breakfast

Poori, Potato Kuruma [or] Bread, Butter, Jam.  
Coffee / Milk.

## Lunch

Rice, Sambar, Rasam,  
Curd, Suraikaai Kootu,  
Beetroot Poriyal,  
Pappad, Pickle.

Rava Kesari.

Rice, Sambar, Rasam, Curd,  
Suraikaai Kootu,  
Beetroot Poriyal, Pappad,  
Pickle, Egg Fry.

## Snacks

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

## Dinner

Dosai, Sambar, Chutney, Curd Rice, Pickel,  
Banana.

# Tuesday

## Breakfast

Pongal, Sambar, Coconut Chutney, Meddu Vadai  
(1) [or] Bread, Butter, Jam.  
Coffee / Milk.

## Lunch

Variety Rice, White Rice, Rasam, Poriyal, Butter  
Milk, Pappad, Pickle.

## Snacks

Biscuits (No Cream).  
Tea / Milk.

## Dinner

Chappathi, Curd Rice,  
Pickle, Banana,  
Veg Kuruma,  
Gopi Manchurian,  
Ice Cream (40ml).

Chappathi, Curd Rice,  
Pickle, Banana,  
Chicken Kuruma.

# Wednesday

## Breakfast

Oothapam, Sambar, Kaara Chutney [or] Bread,  
Butter, Jam.

## Lunch

Rice, Dhal, Rasam, Ghee (1ts), Kootu, Poriyal,  
Curd, Pappad, Pickle.

## Snacks

Bonda,  
Tea/Milk.

## Dinner

Veg Biriyani With Meal  
Maker, Veg Masala  
Raitha, Curd Rice,  
Pickle, Banana,  
Sweet.

Veg Biriyani With  
Meal Maker, Veg Masala,  
Raitha, Curd Rice, Pickle,  
Banana, Boiled Egg.

# Thursday

## Breakfast

| Idly, Sambar, Tomato Chutney, Meddu Vadaï (1)  
| [or] Bread, Butter, Jam.  
| Coffee / Milk.

## Lunch

| Rice, Sambar, Rasam,  
| Kootu, Poriyal,  
| Curd, Fryums.  
| Potato 65, Ice Cream.

| Rice, Sambar, Rasam,  
| Kootu, Poriyal,  
| Curd, Fryums.  
| Chicken With Gravy.

## Snacks

| Green Gram (or) Channa  
| (No Sugar)  
| Tea / Milk.

## Dinner

| Chappathi, Kadalai Curry, Curd Rice,  
| Pickle, Banana.

# Friday

## Breakfast

| Poori, Channna Masala [or] Bread, Butter, Jam.  
| Coffee / Milk.

## Lunch

| Rice, Vatha Kozhambu (or) Moore Kozhambu,  
| Butter Milk, Rasam, Poriyal,  
| Kootu, Fryums, Pickle.

## Snacks

| Samosa (1), Sauce.  
| Tea / Milk.

## Dinner

| Veg Pulao, Veg Kuruma, Potato-65,  
| Curd Rice, Pickle

# Sunday

## Breakfast

Dosai, Chutney, Sambar [or] Bread, Butter, Jam.  
Coffee / Milk.

## Lunch

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| Veg Biriyani, French<br>Fries, Ice Cream (40 ml),<br>Raitha, Pickle,<br>Curd Rice (or)<br>White Rice And Rasam. | Kuska, Chicken 65,<br>White Rice and Rasam<br>(or) Curd Rice, Raithaa. |
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## Snacks

Bajjee (2)  
Tea / Milk.

## Dinner

Idly, Sambar, Tomato Chutney (or) Kara Chutney,  
Curd Rice, Pickle, Banana.

# Saturday

## Breakfast

| Pongal, Sambar, Chutney, Meddu Vadai(1) [or]  
| Bread, Butter, Jam.

## Lunch

| Rice, Sambar, Rasam, Poriyal, Kootu, Curd,  
| Pappad, Pickle.

## Snacks

| Masala Bonda (2).  
| Tea / Milk.

## Dinner

| Chappathi, Curd Rice,  
| Pickle, Banana.  
| Gopi Manjuriyan.

| Chappathi, Curd Rice,  
| Banana, Pickle.  
| Egg Curry.