

Monday

Breakfast

| Pongal, Sambar, Coconut Chutney, Meduvadai(1)
| [or] Bread Butter Jam.

Lunch

| Rice, Sambar, Rasam, Ladies Finger Poriyal,
| Surrakai Kootu, Curd Pappad, Pickel.

Snacks

| Aloo Samosa (Big-1), Sauce,
| Tea/Milk.

Dinner

| Veg Briyanai, Kuruma,
| Curd Rice, Pickle,
| Sweet, Banana.

| Veg Biriyani, Kuruma,
| Curd Rice, Pickle,
| Boiled Egg, Banana.

Tuesday

Breakfast

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

Lunch

Rice, Vathakulambu, Rasam, Sennai Poriyal,
Pudalankai Kootu, ButterMilk,

Snacks

Backery Item, Sauce,
Tea/Milk.

Dinner

Chappathi, Curd Rice,
Pickle, Veg
Kuruma, Ice Cream
(40ml), Gobbi
Manjuriyan, Banana.

Veg Biriyani, Kuruma,
Curd Rice, Pickle,
Boiled Egg, Banana.

Wednesday

Breakfast

Idly, Sambar, Mint Chutney, Vada(1) [or] Bread
Butter Jam.
Coffee/Milk.

Lunch

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

Rice, Sambar, Rasam,
Curd, Chowchow Kootu,
Beetroot Poriyal, Pappad,
Pickle.Boiled Egg.

Snacks

Aloo Samosa (Big-1), Sauce,
Tea/Milk.

Dinner

Variety Rice (In Alternate Weeks: Lemon Rice,
Coconut Rice, Tamarine Rice,Tomato Rice),
Chutney, Curd Rice, Pickel, Banana.

Thursday

Breakfast

| Maggi Noodles, Sauce [or] Bread Butter Jam.
| Coffee/Milk.

Lunch

| Rice, Morekulambu, Rasam, Valakkai Poriyal,
| Koosu Kootu, Curd pappad, Pickel.

Snacks

| Black Channa,
| Tea/Milk.

Dinner

| Chappathi, Curd Rice,
| Pickle, Veg
| Kuruma, Ice Cream
| (40ml), Gobbi
| Manjuriyan, Banana.

| Veg Biriyani, Kuruma,
| Curd Rice, Pickle,
| Boiled Egg, Banana.

Friday

Breakfast

| Idly, Sambar, Mint Chutney, Vada(1) [or] Bread
Butter Jam.
Coffee/Milk.

Lunch

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

| Rice, Sambar, Rasam, Curd,
Posanikai Kootu,
Kothavarankai Poriyal,
Pappad, Pickel, Boiled Egg.

Snacks

| Ground Nut,
Tea/Milk.

Dinner

| KalDosa, Sambar, Chutney, Curd Rice, Pickel,
Banana.

Saturday

Breakfast

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

Lunch

| Rice, Dal, Ghee (1 Spoon), Rasam, Koosu Pori-
| yal, Nookal Kootu, Curd, Pappad, Pickle.

Snacks

| Mixture,
| Tea/Milk.

Dinner

| Chappathi, Dal Makhani, Curd Rice,
| Pickle, Fruit Salad.

Sunday

Breakfast

Masala Dosa, Sambar, Coconut Chutney, Vada(1)
[or] Bread Butter Jam.
Coffee/Milk.

Lunch

Veg Biriyani, French Fries, Ice Cream (40ml), Brinjal Salna, Pickle, Rice, Rasam.	Biriyani, Chicken 65 (80g), Brinjal Salna, Raithaa, Pickle, White Rice, Rasam.
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Snacks

Masal Vada,
Tea/Milk.

Dinner

Idly, Chutney, Podi, Curd Rice, Pickel.
Banana.