



The Aalam Montessori Home School

Date	Day	Item
12-11-2019	Tuesday	Breakfast Idli, Tiffin Sambar, Kavuni Arisi Sweet,
13-11-2019	Wednesday	Breakfast Dosa, Tiffin Sambar, Karamani Thalippu, Evening-Snacks White Channa, Peanut Salad, Pasta Neapolitan, Fruit Salad,
14-11-2019	Thursday	Breakfast Idli, Tiffin Sambar, Kavuni Arisi Sweet, Breakfast Tomato Sevai, Coconut Chutney, Ragi Laddu, Evening-Snacks Jaggery Fruit Cake, Peanut Salad, Kadai Sabzi, Peanut Salad, Banana Smoothie,
15-11-2019	Friday	Breakfast Dosa, Tiffin Sambar, Karamani Thalippu, Bell Pepper Rice, Plain Sevai, Plain Sevai, Evening-Snacks Fruit Salad, Masala Vada, Palli Palayam Idli, Gobi - 65,
16-11-2019	Saturday	Breakfast Tomato Sevai, Coconut Chutney, Ragi Laddu, Red Rice, Palak Soup, Evening-Snacks Sambar Mini Idli, Cream of Tomato Soup, Mix Fruit Jam, Veg Clear Soup,
17-11-2019	Sunday	Breakfast Pongal, Tiffin Sambar, Medu Vada, Tomato Soup, Evening-Snacks Butter Corn, Panneer 65, Poori, Snake Gourd Poriyal,



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Date	Day	Item
18-11-2019	Monday	Breakfast Wheat Rava upma,Burwani Raitha,Chocolate Pan Cake, Evening-Snacks Kesari Bath,Baked Bean,Butter Lemon Channa,Corn Chowder,
19-11-2019	Tuesday	Evening-Snacks Masala Vada,Peanut Butter Pancake,Palli Palayam Idli,
20-11-2019	Wednesday	Evening-Snacks Sweet Corn Soup,Wheat Pasta,Masala Pasta,
21-11-2019	Thursday	Breakfast Wheat Rava upma,Burwani Raitha,Chocolate Pan Cake,
22-11-2019	Friday	-
23-11-2019	Saturday	-
24-11-2019	Sunday	-