

## The Aalam Montessori Home School

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



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