

# SCHOOL CAFETERIA

## WEEK 1

### BREAKFAST

MONDAY	POORI, CHANNA MASALA	VEG KITCHADI, CHUTNEY	BREAD AND JAM
TUESDAY	IDLY, SAMBAR	WHEAT UPMA, CHUTNEY	CORNFLAKES WITH MILK
WEDNESDAY	DOSA, MASALA, SAMBAR	SOOJI UPMA(VEG), CHUTNEY	WHEAT PORRIDGE
THURSDAY	IDLY TOMATO KURMA	BREAD UPMA, KARA CHUTNEY	CORNFLAKES WITH MILK
FRIDAY	UTHAPAM, SAMBAR, CHUTNEY	VEG POHA, CORRIANDER CHUTNEY	BREAD AND JAM
SATURDAY	DOSA, MASALA, SAMBAR	VEG SEMIYA, CHUTNEY	WHEAT PORRIDGE

### MID-DAY BREAK - SEASONAL JUICE/SOUP

### LUNCH

MONDAY	RICE, KARA KULAMBU, MIXED VEG PORIYAL, RASAM	CHAPPATHI, MALAI KOFTA	BUTTER MILK
TUESDAY	VEG BIRYANI ,CURD RICE, RAITA	CHAPPATHI, MIX VEG SOYA GRAVY	VADA
WEDNESDAY	RICE, SAMBAR, RAW BANANA PORIYAL, RASAM	CHAPPATHI, VEG JAIPURI	CURD, DAL PAYASAM
THURSDAY	RICE, RADISH DAL,RASAM ALOO BINDI	POORI,CHANNA MASALA	BUTTER MILK
FRIDAY	DAL RICE,CURD RICE	CHAPPATHI, VEG KURUMA	SNAKE GOURD CHILLI
SATURDAY	WHITE SAUCE PASTA	ALOO CHAPPATHI, GREEN CHUTNEY CURD	CURD RICE

### EVENING SNACK - GROUNDNUT CANDY/ MULTIGRAIN COOKIES

# SCHOOL CAFETERIA

## WEEK 2

### BREAKFAST

MONDAY	IDLY, TOMATO KURUMA	PONGAL, CHUTNEY	WHEAT PORRIDGE
TUESDAY	POORI, MASALA	BREAD UPMA, CHUTNEY	CORNFLAKES WITH MILK
WEDNESDAY	UTHAPAM, SAMBAR	VEG POHA, CORRIANDER CHUTNEY	BREAD JAM
THURSDAY	IDLY, SAMBAR	SOOJI UPMA(VEG), CHUTNEY	WHEAT PORRIDGE
FRIDAY	DOSA,MASALA, SAMBAR	WHEAT UPMA, CHUTNEY	CORNFLAKES WITH MILK
SATURDAY	UTHAPPAM, SAMBAR, CHUTNEY	VEG SEMIYA, CHUTNEY	BREAD JAM

### MID-DAY BREAK - SEASONAL JUICE/SOUP

### LUNCH

MONDAY	RICE, GREEN MOONG DAL,VEG PORIYAL	CHAPPATHI, MATAR PANEER	RASAM, BUTTERMILK
TUESDAY	RICE, SAMBAR,BRINJAL PORIYAL,RASAM	CHAPPATHI, MINI SOYA GRAVY	CURD, WHEAT PAYASAM
WEDNESDAY	RICE,DAL,BEETROOT PORIYAL	METHI CHAPATHI, TOMATO CHUTNEY	BUTTERMILK
THURSDAY	PEAS PULAO, BOONDHI RAITA	CHAPPATHI, DUM ALOO	CHANNA AND SPROUT SALAD,CURD RICE
FRIDAY	RICE, CHOW CHOW SAMBAR. SNAKEGUARD PORIYAL	CHAPPATHI,SEASONAL VEG GRAVY	CURD
SATURDAY	VEG BIRYANI	CHAPPATHI, VEG KURUMA	CURD RICE

### EVENING SNACK - GROUNDNUT CANDY/ MULTI GRAIN COOKIES