

SCHOOL CAFETERIA

WEEK 1

BREAKFAST

MONDAY	IDLY, TOMATO KURMA	PONGAL, CHUTNEY	WHEAT PORRIDGE
TUESDAY	UTHAPAM, SAMBAR	RAYA KICHADI, CORIANDER CHUTNEY	CORNFLAKES WITH MILK
WEDNESDAY	POORI, POTATO BAAJI	SEMIYA KICHADI, CHUTNEY	BREAD & JAM
THURSDAY	MASALA DOSA, SAMBAR	VEG POHA, PEANUT CHUTNEY	WHEAT PORRIDGE
FRIDAY	IDLY, KADAPA	BREAD UPMA, CHUTNEY	CORN FLAKES WITH MILK
SATURDAY	UTTAPAM, SAMBAR	WHEAT UPMA, RED CHUTNEY	BREAD JAM

MID-DAY BREAK - SEASONAL JUICE/SOUP

LUNCH

MONDAY	RICE, KADAMBA SAMBAR, CARROT BEANS PORIYAL, RASAM	CHAPATI, KADAI VEG	CURD
TUESDAY	RICE, BOTTLE GUARD KOOTU, RASAM, BRINJAL, DRUMSTICK, MOCHAI KARAKOZHAMBU	POORI, WHITE CHANNA KURMA	BUTTER MILK
WEDNESDAY	VEG BIRIYANI, ONION RAITHA	CHAPATI, VEG CHETTINAD	CURD RICE
THURSDAY	RICE, GREEN MOONG DAL SAMBAR, WHITE CHANNA, BEETROOT PORIYAL, RASAM	CHAPATI, DUM ALOO	CURD
FRIDAY	BISIBELABATH, SNAKE GUARD CHILLY	CHAPATI, GREEN PEAS MASALA	BUTTER MILK
SATURDAY	RICE, ARAVAI SAMBAR, MIX VEG PORIYAL, RASAM	CHAPATI, MINI SOYA GRAVY	CURD, DAL PAYASAM

EVENING SNACK - GROUNDNUT CANDY/ MULTIGRAIN COOKIES

SCHOOL CAFETERIA

WEEK 2

BREAKFAST

MONDAY	KANCHIPURAM IDLY, TOMATO KURMA	RAWA UPMA, CHUTNEY	WHEAT PORRIDGE
TUESDAY	MASALA DOSA, SAMBAR	SEMIYA KITCHADI, MINT CHUTNEY	BREAD JAM
WEDNESDAY	POORI, KADALA CURRY	BREAD UPMA, CHUTNEY	CORN FLAKES WITH MILK
THURSDAY	UTTAPAM, SAMBAR	RAVA KICHADI, TOMATO CHUTNEY	WHEAT PORRIDGE
FRIDAY	IDLY, KADAPA	WHEAT KICHADI, CHUTNEY	CORNFLAKES WITH MILK
SATURDAY	DOSA, SAMBAR	VEG POHA, CHUTNEY	BREAD & JAM

MID-DAY BREAK - SEASONAL JUICE/SOUP

LUNCH

MONDAY	GREEN PEAS PULAO, RAITHA (BOONDI)	CHAPATI, MALAI KOFTA CURRY	CURD RICE
TUESDAY	RICE, LADIES FINGER KOZHAMBU, AVIYAL, RASAM	CHAPATI, ALOO GOBI MASALA	BUTTER MILK
WEDNESDAY	TOMATO RICE, BABY POTATO FRY	CURD RICE	CHAPPATHI, WHITE KURMA
THURSDAY	RICE, VEG SAMBAR, RASAM, ALOO BRINJAL PORIYAL	CHAPATI, VEG JAIPURI	CURD, PEANUT SALAD
FRIDAY	VEG BIRIYANI, CUCUMBER ONION RAITHA	CHAPATI, KURMA	CURD RICE
SATURDAY	RICE, KARA KOZHAMBU, SNAKE GUARD KOOTU, RASAM	POORI, KADALAI CURRY	BUTTER MILK

EVENING SNACK - GROUNDNUST CANDY/ MULTIGRAIN COOKIES