

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	BREAD & JAM
FRIDAY	UTHAPAM, SAMBAR, CHUTNEY	VEG POHA, CORRIANDER CHUTNEY	CORNFLAKES WITH MILK
SATURDAY	DOSA, MASALA, SAMBAR	VEG SEMIYA, CHUTNEY	WHEAT PORRIDGE

MID-DAY BREAK - SEASONAL JUICE/SOUP

LUNCH

MONDAY	RICE, KARA KULAMBU, CABBAGE PORIYAL, RASAM	CHAPPATHI,MALAI KOFTA	BUTTER MILK
TUESDAY	VEG FRIED RICE	CHAPPATHI, MIX VEG SOYA GRAVY	VEG MANCHURIYAN
WEDNESDAY	RICE, SAMBAR, RAW BANANA PORIYAL, RASAM	CHAPPATHI, VEG JAIPURI	CURD, DAL PAYASAM
THURSDAY	RICE, RADISH DAL,RASAM	CHAPPATHI, ALOO BINDI	BUTTER MILK
FRIDAY	RICE, DAL TADKA, MIX VEG PORIYAL,RASAM	POORI, CHANNA MASALA	CURD
SATURDAY	TOMATO RICE	CHAPPATHI, GREEN PEAS AND POTATO KURUMA	CURD RICE

EVENING SNACK - GROUNDNUT CANDY/ MULTIGRAIN COOKIES

SCHOOL CAFETERIA

WEEK 2

BREAKFAST

MONDAY	IDLY, TOMATO KURUMA	PONGAL, CHUTNEY	CORNFLAKES WITH MILK
TUESDAY	POORI, MASALA	BREAD UPMA, CHUTNEY	WHEAT PORRIDGE
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, BEETROOT PORIYAL, RASAM	CHAPPATHI, MINI SOYA GRAVY	CURD, WHEAT PAYASAM
WEDNESDAY	RICE, DAL, ALOO JEERA	CHAPATHI, KADAI VEGETABLE	BUTTERMILK
THURSDAY	SAMBAR RICE, CURD RICE	CHAPPATHI, DUM ALOO	CHANNA AND SPROUT SALAD
FRIDAY	RICE, SAMBAR, ALOO GOBI	CHAPPATHI, SEASONAL VEG GRAVY	CURD
SATURDAY	LEMON RICE, CHUTNEY	CHAPPATHI, VEG KURUMA	CURD RICE

EVENING SNACK - GROUNDNUT CANDY/ MULTIGRAIN COOKIES