



Sri Nachammal Vidyavani
Senior Secondary School - CBSE

AFFILIATED TO CBSE, NEW DELHI NO.1930499

A UNIT OF
The Chennai Silks

www.snvvschools.com

7708007988 | 7708622232



April 1st & 3rd Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Evening Snacks
Monday	Idly, Sambar	RagiKoozh - Sweet	White Rice, KolluParuppu, Rasam, Cabbage Poriyal	Aval (Sweet), Turmeric Milk
Tuesday	Chappathi Vegetable Gravy	Mint Ginger Lemon Juice	Ghee Rice, Curd Rice, Dalcha	Sukku Milk, Masala Pori
Wednesday	Dosa, Sambar	Neer Mor	White Rice, Cauli flower Green Peas Kurma , Beetroot Poriyal, Butter Milk	Kara Boondi, Badam Milk
Thursday	Ven pongal Sambar	Murunga Keerai Soup	White Rice, Green Gram Dal, Snake Gourd Poriyal, Rasam	Pepper Milk, Boiled Peanut
Friday	Idly, Kara Chutney	Health Mix	White Rice, Kadhamba Sambar, Raw Banana Poriyal, Rasam	Idly upma, Naatusakkarai Milk
Saturday	Poori, Potato Masala	Nannari Juice	Tomato Rice, Curd Rice, Brinjal Potato Fry	Green peas, Rose Milk

April 2nd & 4th Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Evening Snacks
Monday	Semiya, Coconut chutney	Ash Gourd Juice	Bread Briyani, Curd Rice, Soya Kurma	Milk, ParupuVadai
Tuesday	Wheat Dosa Kara Chutney	Kambu Koozh	White Rice, Thatta Payaru Kuzhambu, Keerai Kootu, Butter Milk	Milk, White Sundal
Wednesday	Wheat Rava Kitchadi, Coconut Chutney	ABC Juice	White Rice, Dal, Kovakkai Fry, Rasam	Milk, Potato Bonda
Thursday	Dosa, Sambar	Veg Clear Soup (or) Veg Broccoli Soup	Chappathi, Channa Gravy	Milk, Ulunthu Vadai
Friday	Idly, Thakali Kurma	Butter Milk	White Rice, Sambar, Poriyal, Rasam	Milk, Maravalli Kilangu
Saturday	Ada Dosa, Kara Chutney	Tomato Soup	Lemon Rice, Curd Rice, Kollu Chutney	Milk, Green Peas Masala

- 3rd Week Friday- Special Lunch**

