



Sri Nachammal Vidyavani
Senior Secondary School - CBSE

AFFILIATED TO CBSE, NEW DELHI NO.1930499



www.snvvvschools.com

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AUGUST 1st & 3rd Week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly Sambar	MurungaiKeeraiSoup	WhiteRice,Sambar, SnakeGourd Poriyal ButterMilk	Pineapple	Karaboondi Milk
Tuesday	SemiyaCoconut Chutney	GingerButterMilk	Chappathi,Soya Kurma TomatoRice	Wheatpayasam	KeeraiVadai Soup
Wednesday	Wheat Dosa, Tomato Chutney	AshGourd juice	WhiteRiceDalRasam, Potato Kara Curry	WaterMelon	Masal Poori Turmeric Milk
Thursday	Venpongal Sambar	Vegsoup	GheeRice,Curd Rice Dalcha	Cucumber	GreenGram Ginger Milk
Friday	Idly Brinjal Kadaiyal	KambuKoozh Salt	White Rice, Sambar, KovakkaiFry,ButterMilk	Banana	Sundal MasalaMilk
Saturday	Ragi Dosa Kara Chutney	LemonJuice ChiaSeeds	WhiteRice,PuliKulambu, Pachadi Butter Milk	Avalpayasam	PotatoBonda Soup



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AUGUST 2nd & 4th Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly, Sambar	Nannari Juice With Chia Seeds	White Rice Kollu dal Cabbage Poriyal Butter milk	Paruppu Payasam	Sweet Kolukatti Turmeric Milk
Tuesday	Ravai Uppuma Coconut Chutney	Tomato Soup	White Rice Puli Kuzhambu Chow Chow Kootu Butter Milk	Banana	Milk Biscuit
Wednesday	Dosa Sambar	Butter Milk	Tomato Rice, Curd Rice, Potato fry	Guava	Idly upma Soup
Thursday	Poori Potato Masala	Ragi Koozh	White Rice, Mor Kulambu, Rasam, Valaikai Varuval	Water Melon	Black Sundal Turmeric Milk
Friday	Idly Mint Chutney	Amla Juice	White Rice, Sambar Rasam, Kothavarangai Poriyal	Cucumber	Green Peas Nattusakkarai milk
Saturday	Mini Uttapam, Sambar	Lemon Juice Chia Seeds	White Rice Vathal Kulambu Kootu, Butter Milk	Semiyapayasam	Medu Vada Soup

- 3rd Week Friday Special Lunch