



Sri Nachammal Vidyavani
Senior Secondary School - CBSE

AFFILIATED TO CBSE, NEW DELHI NO.1930499

A UNIT OF
The Chennai Silks

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NOTHING BRINGS PEOPLE
together
LIKE GOOD FOOD

February 1st & 3rd Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly Mint Chutney	Kambu Koozh	Rice, Puli Kuzhambu, Kootu Rasam	Water Melon	Keerai Bonda, Milk
Tuesday	Ven pongal Sambar	Lemon Juice	Rice, Green Gram Dal, Snake Gourd Poriyal, Butter Milk	Banana	Milk, Idly Uppuma
Wednesday	Chappathi , Soya Kuruma	Veg Soup	Ghee Rice, Curd Rice Dalcha	Javvarisi Payasam	Turmeric Milk Onion Bonda
Thursday	Ragi Dosa Brinjal Kosthu	Beetroot Juice	Rice, Mor Kulambu Pavakkai Poriyal, Rasam	Kesari	Pepper Milk Masala Pori
Friday	Idly Thakkali Kulambu	Health Mix	Rice, Kadhamba Sambar Kovakaai Poriyal, Rasam	Cucumber	Boiled Peanut Nattusakkarai Milk
Saturday	Semiya Khichadi Coconut Chutney	Murunga Keerai Soup	Sambar Sadam, Curd Rice, Appalam	Wheat Payasam	Masala Milk Black Channa Sundal



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February 2nd & 4th Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Ragi Idly Sambar	Tomato Soup	Tomato Rice, Curd Rice Brinjal Potato Fry	Water Melon	Idly upma Turmeric Milk
Tuesday	Wheat Rava Upma Coconut Chutney	Nannari Juice	Chappathi, Veg Kurma Arisi Paruppu Sadham, Pickle	Paruppu Payasam	Milk, Masala Pori
Wednesday	Dosa Sambar	Sirukeerai Soup	Bread Biryani, Curd Rice Soya Gravy	Cucumber	Medhu Vadai Badam Milk,
Thursday	White Rava Pongal Pasiparupu Sambar	Health Mix	Rice, Kollu Paruppu, Rasam, Cabbage Poriyal	Banana	Boiled Green Gram Milk
Friday	Idly, Sambar	Ragi Koozh - Sweet	Rice, Sambar, Poriyal, Rasam	Pineapple Kesari	Keerai Vadai, Brown Sugar Milk
Saturday	Wheat Dosai Thakkali Kuruma	Ash Gourd Juice	Rice Thattaipayaru Brinjal Kulambu, Kootu, Butter Milk	Semiya Payasam	Kozhukattai Milk

*3rd Week Friday Special Lunch