



Sri Nachammal Vidyavani Senior Secondary School - CBSE

www.snvcbseeschool.com

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January 1st&3rd Week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Semiya uppuma Coconut chutney	Fruit Juice	White Rice Ennaikathirikkai kulambu Bottle Gourd Kottu Butter Milk	Fruit	Aval (Karam) Turmeric Milk
Tuesday	Uthappam Sambar	Dry Ginger Tea	White Rice Radish Sambar Rasam Beetroot Peanut Poriyal	Wheat payasam	Masala Green Peas Badham Milk
Wednesday	Pongal Sambar	Kambu koozh	Chappathi Vegetable Kuruma Tomato Rice	Fruit	Puffed rice Dry Ginger Milk
Thursday	Idly Coriander Chutney	Vegetable Soup	White Rice Thakkali kulambu Raw Banana fry Butter milk	Semiya Kesari	Mysore Bonda Pepper milk
Friday	Carrot Dosa Tomato Kuruma	Ragi Koozh	White Rice Paruppu urundai kulambu Rasam Kothavarakkai poriyal	Fruit	Green gram Nattusakkarai Milk
Saturday	Kambu Idly Mint Chutney	Fruit Juice	Keerai kulambu Butter milk Mixed Vegetable Poriyal	Sweet Pongal	Sweet cake Masala Milk



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January 2nd & 4th week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Wheat Rava Uppuma Coconut Chutney	Ragi Koozh	Butter Chappathi Potato Kuruma Peas Briyani	Fruit	Sundal Turmeric Milk
Tuesday	Ragi Dosa Sambar	Fruit juice	Corn & vegetable Fried rice Curd Rice Snake gourd/ Bitter gourd chilli	White Rava Kesari	Raw Banana Bajji Pepper Milk
Wednesday	Idly Sambar	Coriander Tea	White Rice Surakkai Kulambu Cabbage Poriyal Butter milk	Fruit	Idly Uppuma Nattusakkarai milk
Thursday	Poori Channa Masala	Kambu Koozh	Coconut milk Rice Black sundal poriyal White Rice Rasam	Mixed Fruits	Boiled Peanut Badham Milk
Friday	Dosa Kuruma	Dry Ginger Tea	White Rice Vathal kulambu Chow Chow kottu Butter milk	Semiya payasam	Keerai vada Dry Ginger milk
Saturday	Vegetable Idly Kara Chutney	Keerai Soup	White Rice Ladies finger Sambar Butter milk Kovakkai Poriyal	Fruit	Kara sevu Masala Milk