



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



JULY 1st & 3rd Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly Mint chutney	ABC Juice	White Rice Sambar, Kovakkai Fry Butter Milk	Mango	Kara boondi Milk
Tuesday	Ven Pongal Sambar	Ginger Butter Milk	Chappathi Veg Kurma Tomato Rice	Wheat payasam	Boiled Peanut Dry Ginger Milk
Wednesday	Dosa Sambar	Murungai Keerai Soup	White Rice, Dal , Rasam, yam fry	Water Melon	Sweet Kolukatti Milk
Thursday	Poori potato Masal	Lemon Juice With Chia Seeds	Lemon Rice Curd Rice Kollu Chutney	Cucumber Stick	Sprouted Green gram Nattusakkrai milk
Friday	Idly Kara Chutney	Tomato Soup	White Rice, Sambar, Bitter Gourd, Butter Milk	Mango	Potato bonda Badham Milk
Saturday	Ragi Dosa Peanut Chutney	Kambu Koozh Salt	White Rice, Puli Kulambu Pumpkin Pachadi Butter Milk	Papaya	Boiled Green Peas Masala Milk





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JULY 2nd & 4th Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly Pottu Kadalai Chutney	Amla Juice	White Rice Green gram dal Cabbage Poriyal Butter milk	Paruppu Payasam	White Sundal Turmeric Milk
Tuesday	Ravai Uppuma Peanut Chutny	Kambu Koozh	White Rice Thatta Payaru Puli Kuzhambu Keerai Kootu	Banana	Sweet Bonda Badham Milk
Wednesday	Wheat Dosa Kara Chutney	Veg Soup	Tomato Rice Curd Rice potato fry	Mango	Peanut Fry Nattusakkarai milk
Thursday	Idly Veg Sambar	Nannari Juice With Chia Seeds	White Rice ,Cauliflower Kurma Beetroot Poriyal Butter Milk	Water Melon	Aval Sweet Turmeric Milk
Friday	Semiya Peanut Chutney	Butter Milk	White Rice Sambar Rasam, Bitter Gourd Fry	Cucumber	Keerai Bonda Masala Milk
Saturday	Mini Uttapam Sambar	Muskmelon Juice Juice	White Rice Vathal kulambu, Buttermilk Kootu	Semiya payasam	Masala poori Milk

- 3rd Week Friday Special Lunch