

**July 1<sup>st</sup> & 3<sup>rd</sup> week Menu**

| Day              | Breakfast                         | Morning refreshment   | Lunch  | Fruits/Desserts | Evening Snacks                             |
|------------------|-----------------------------------|-----------------------|--|-----------------|--|
| <b>Monday</b>    | Rava Kitchadi<br>Coconut Chutney  | Ragi Koozh<br>(Salt)  | White Rice<br>Green Gram Dhall<br>Mixed vegetable Poriyal<br>Butter Milk | Fruit           | Keerai Vada<br>Turmeric Milk               |
| <b>Tuesday</b>   | Dosa<br>Coriander Chutney         | Fruit Juice           | Sambar Sadham<br>Curd Rice<br>Vadagam                                    | Kesari          | Masala Sundal with<br>mixer<br>Badham Milk |
| <b>Wednesday</b> | Idly<br>Sambar                    | Vegetable Soup        | White Rice<br>puli kulambu<br>Ivy Gourd Kottu<br>Butter Milk             | Fruit           | Keerai Bonda<br>Nattu sakkara Milk         |
| <b>Thursday</b>  | Pongal<br>Sambar                  | Kambu koozh<br>(Salt) | Rajma Pulao<br>White Rice<br>Rasam<br>Soya gravy                         | Fruit           | Puffed rice<br>Dry Ginger Milk             |
| <b>Friday</b>    | Idly<br>Kuruma                    | Fruit Juice           | White Rice<br>Keerai paruppu kulambu<br>Vegetable Poriyal<br>Butter milk | Sweet Pongal    | Boiled Peanut<br>Pepper Milk               |
| <b>Saturday</b>  | Multigrain Dosa<br>Tomato Chutney | Butter Milk           | White Rice<br>Thattapayaru Kulambu<br>Rasam<br>Raw banana fry            | Fruit           | Sweet Bonda<br>Masala Milk                 |

**July 2<sup>nd</sup> & 4<sup>th</sup> week Menu**

| Day              | Breakfast   | Morning refreshment    | Lunch   | Fruits/Desserts | Evening Snacks                    |
|------------------|---|------------------------|---|-----------------|-----------------------------------|
| <b>Monday</b>    | Idiyappam<br>Coconut milk<br>Semiya uppuma<br>Coconut chutney | Butter milk            | White Rice<br>Sambar<br>Keerai paruppu kootu<br>Butter milk                     | Fruit           | Mysore Bonda<br>Dry Ginger milk   |
| <b>Tuesday</b>   | Uthappam<br>Sambar  | Fruit Juice            | Arisi paruppu sadham<br>Curd Rice<br>Potato Fry                                 | Semiya payasam  | White sundal<br>Turmeric Milk     |
| <b>Wednesday</b> | Wheat Rava Kitchadi<br>Peanut Chutney                         | Keerai soup            | White rice<br>Dhall<br>Rasam<br>Beet root poriyal<br>Butter milk                | Fruit           | Raw Banana Bajji<br>Pepper Milk   |
| <b>Thursday</b>  | Idly<br>Sambar  | Ragi koozh<br>(Salted) | White Rice<br>puli kulambu<br>Snack gourd poriyal<br>Butter milk                | Fruit           | Idly Uppuma<br>Nattu sakkara milk |
| <b>Friday</b>    | Dosa<br>Mint chutney  | Fruit juice            | White Rice<br>Drumstick Sambar<br>Rasam<br>Potato pattani masala<br>Butter milk | Wheat Payasam   | Medhu Vada<br>Badham milk         |
| <b>Saturday</b>  | Poori<br>Potato Masala  | Kambu koozh            | Vegetable Briyani<br>Onion Raitha<br>White Rice<br>Rasam                        | Fruit           | Green peas sundal<br>Masala Milk  |

**\*3rd week Friday Special Lunch**