



**Sri Nachammal Vidyavani**  
**Senior Secondary School - CBSE**

AFFILIATED TO CBSE, NEW DELHI NO.1930499

A UNIT OF  
**The Chennai Silks**

[www.snvschools.com](http://www.snvschools.com)

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**JUNE 1<sup>st</sup> & 3<sup>rd</sup> Week Menu**

Day	Breakfast	Morning Refreshment	Lunch	Evening Snacks
Monday	Semiya, Coconut Chutney	KambuKoozh (Salted)	White Rice, Sambar Potato Kara Curry Poriyal Rasam	Nattusakkarai Milk Wheat Bonda
Tuesday	Idly Brinjal Kadaiyal	Amla Juice	White Rice, Thattapayaru Kadaiyal, Chow Chow Kootu, Rasam	Turmeric Milk MaravalliKilanku
Wednesday	Venpongal Sambar	Veg Soup	White Rice, Cauliflower Kuzhambu, Beetroot Poriyal & Butter Milk	Sundal, Milk
Thursday	Dosa, Kara Chutney	Butter Milk	White Rice, Green Dhal, Cabbage Poriyal, Rasam	Methu Vadai Pepper milk
Friday	Idly ThakkaliKulambu	MurungaKeerai soup	White Rice, Keerai Sambar, Kovakaai Poriyal & Butter Milk	Masala Pori, Milk
Saturday	Poori, Potato Masala	Health Mix	White Rice, Vendakkai Puli Kuzhambu, Kootu & Rasam	Kara Boondi, Milk





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### JUNE 2<sup>nd</sup> & 4<sup>th</sup> Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Evening Snacks
Monday	Idly Sambar	Nannari Juice With Chia Seeds	White Rice, Kollu dal Keerai Kootu & Butter milk	Bread Butter jam or White Sundal, Rose Milk
Tuesday	Wheat Rava Kitchadi Coconut Chutney	Ragi Koozh	Chappathi ,Soya Kurma Curd Rice	Boiled Peanut Milk
Wednesday	Adai Dosa Peanut Chutney	Mango Juice	White Rice, Dal ,Rasam & Yam fry	Keerai Vadai Brown Sugar Milk
Thursday	Chappathi,Veg Kurma	Health Mix	White Rice, PavakkaiKulambu Kootu & Butter Milk	Black Sundal, Choco Milk
Friday	Idly, Kara Chutney	KambuKoozh (Salted)	White Rice, Sambar, Snake Gourd porial & Rasam	Ragi Semiya ( Sweet) Milk
Saturday	Venpongal Coconut Chutney	Ash Gourd Juice	Sambar Sadam, Curd Rice Wheel vadaam	Green Pattani Masala, Badam Milk

- 3<sup>rd</sup> Week Friday, Special Lunch

