



June 1st & 3rd Week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Dosa Mint chutney	Health Mix Sathu Maava Kanji	White Rice Keerai Sambar, Potato Brinjal Fry Butter Milk	Mango	Aval Sweet Turmeric Milk
Tuesday	Ven Pongal Sambar	Muskmelon Juice	White Rice Mor Kulambu, Rasam Beetroot Poriyal	Wheat payasam	Masala Green Peas Badham Milk
Wednesday	Idly Kara Chutny	Lemon juice with Chia Seeds	Ghee Rice Curd Rice Thalcha	Cucumber stick	Tea Cake Milk
Thursday	Raagi Dosa Tomato Chutny	Kambu Koozh	White Rice Kollu paruppu Rasam Snake Gourd Poriyal	Water Melon	Mysore Bonda Pepper milk
Friday	Idly Coriander Chutney	Ginger Butter Milk	White Rice Kadamba Sambar Kovakkai Fry Rasam	Sweet Pongal	Sprouted Green gram Nattusakkara Milk
Saturday	Chappathi Channa Kurma	Nannari Juice	Arisi Paruppu Sadam Curd Rice Thuvaiyal , Wheel Vadagam	Papaya	Vazhakkai Bajji Masala Milk



Sri Nachammal Vidyavani
Senior Secondary School - CBSE

AFFILIATED TO CBSE, NEW DELHI NO.1930499

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June 2nd & 4th Week Menu

Day	Breakfast	Morning ref r eshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Ada Dosa Tomato Kuruma	Sweet Lime Juice	Bread Biryani, Curd Rice Onion Raitha,Pickle	Carrot Stick	White Sundal Turmeric Milk
Tuesday	Wheat Ravai Uppuma Coconut Chutny	ABC Juice	White Rice Vathal kuzhambu Butter Milk Keerai Koottu	pineapple	Onion Samosa Pepper Milk
Wednesday	Poori Potato Masal	Tomato Soup	Tomato Rice Curd Rice, Potato Fry	Mango	Boiled Peanut Nattusakkarai milk
Thursday	Idly Sambar	Ragi Koozh Salt	White Rice Green gram dal Cabbage Poriyal Butter milk	Water Melon	Tea Cake Badham Milk
Friday	Idly Brinjal Kadayal	Butter Milk	White Rice Kadhambam Sambar Rasam, Yam Fry	Semiya payasam	Keerai Bonda Masala Milk
Saturday	Dosa Sambar	Ash Gouard Juice	White Rice Thatta Payaru Brinjal Puli Kuzhambu Butter Milk Beetroot Poriyal	Banana	Sweet Kolukatti Dry Ginger milk

- 3rd week Friday Special Lunch

