



March 1st & 3rd Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly Mint Chutney	Kambu Koozh	White Rice, Vathal Kulambu , Butter Milk, Appalam	Water Melon	Milk , Idly Uppuma
Tuesday	Chappathi, Soya Kuruma	Butter Milk	White Rice, Green Gram Dal, Snake Gourd Poriyal, Rasam	Banana	Turmeric Milk Masala Pori
Wednesday	Dosa, Veg Sambar	Murunga Keerai Soup	Ghee Rice, Curd Rice Dalcha	Javvarisi Payasam	Pepper Milk Sweet Bonda
Thursday	Ven Pongal Sambar	Beetroot Juice	White Rice, Mor Kulambu Potato Kara Curry, Rasam	Kesari	Turmeric Milk Sweet Ragi Semiya
Friday	Idly Thakkali Kulambu	Health Mix	White Rice, Kadhamba Sambar Kovakaai Poriyal, Rasam	Cucumber	Boiled Peanut Nattusakkarai Milk
Saturday	Semiya Khichadi Coconut Chutney	Carrot Juice	White Rice Thattaipayaru Brinjal Kulambu, Kootu, Butter Milk	Wheat Payasam	Masala Milk Black Channa Sundal



March 2nd & 4th Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Dosa, Sambar	Nannari Juice	Tomato Rice, Curd Rice Brinjal Potato Fry	Pineapple Kesari	Aval (Sweet) Turmeric Milk
Tuesday	White Rava Pongal Coconut Chutney	Ragi Koozh	Chappathi Veg Kurma Lemon Rice & Pickle	Cucumber	Milk Masala Pori
Wednesday	Idly, Peanut Chutney	Neer Mor	White Rice Black Channa Kulambu butter milk, Kootu	Paruppu Payasam	Kara Boondi Badam Milk
Thursday	Ven pongal Sambar	Health Mix	Chappathi, Tomato Paruppu Puliyodharai	Pineapple Kesari	Boiled Green Gram Milk
Friday	Dosa, Sambar	Mint Ginger Lemon Juice	White Rice, Sambar Poriyal, Rasam	Banana	Wheat Bonda Brown Sugar Milk
Saturday	Poori, Potato Masala	Kambu Koozh	White Rice, Kollu Paruppu , Rasam, Cabbage Poriyal	Semiya Payasam	Boiled Green Peas Masala Milk

*3rd Week Friday Special Lunch

Food is precious. Take what you need, eat what you take.

