NOVEMBER 2026 - 1st & 3rd Week Food Menu

Day	Breakfast	Morning Refreshment	Lunch	Evening Snacks
Monday	Idly Kadalai Chutney	Kambu Koozh , Salted	Tomato Rice, Curd Rice Potato Kara Curry	Sweet Bonda Nattusakkarai Milk
Tuesday	Ven Pongal Sambar	Amla Juice	White Rice, Green Dhal, Cabbage Poriyal Rasam	Pepper Milk Masala Pori
Wednesday	Dosa Thakkali Kulambu	Health Mix	Veg Biryani, Curd Rice Cucumber, Onion Pachadi	Turmeric Milk Boiled Puzhukku
Thursday	Semiya, Coconut Chutney	ABC Juice	Chappathi, Veg Kurma Rice , Rasam	Sundal Masala Milk
Friday	Idly Veg Sambar	Thakkali Soup	White Rice, Keerai Sambar, Yam Fry, Butter Milk, Rasam	PanaKalkand Milk Boiled Peanut Salad
Saturday	Chappathi, Channa Kurma	Murunga Keerai soup	Veg Fried Rice. Curd Rice, Soya Chilli	Rose Milk, Banana

NOVEMBER 2026 - 2nd & 4th Week Food Menu

Day	Breakfast	Morning Refreshment	Lunch	Evening Snacks
Monday	Idly Thakkali Kurma	Nannari Juice With Chia Seeds	White Rice,Sambar,Rasam, Poriyal,Buttermilk	Sweet Aval Sukku Milk
Tuesday	Ravai Kichadi Peanut Chutney	Ragi Koozh Salted	Chappathi, Veg Kurma Tomato Rice	Masala Milk, Boiled Sundal
Wednesday	Mini Podi Uttapam, Veg Sambar	Water Melon	Bisi Bele Bhat, Curd Rice Wheel Chips	Karupatti Milk Keerai Vadai,
Thursday	Chappathi Pattani Kuruma	Health Mix	White Rice, Puli Kuzhambu Kootu, Butter Milk	Ginger Milk Green Peas Masala
Friday	Idly Kara Chutney	Ash Gourd Juice Salted	Puliyodharai Rice, Thuvaiyal Curd Rice	Idly upma Milk
Saturday	Veg Masala Noodles	Masala Butter Milk	Bread Biryani, Curd Rice, Snake gourd Chilly	Medhu Vadai Badam Milk

- **3rd Week Friday- Special Lunch**

