



Sri Nachammal Vidyavani
Senior Secondary School - CBSE

AFFILIATED TO CBSE, NEW DELHI NO.1930499



www.snvvschools.com

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OCTOBER 1st & 3rd Week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Ravai Upma Coconut Chutney	Kambu Koozh Salt	White Rice, Sambar Potato Kara Curry Poriyal Rasam	Aval payasam	Kara Sev, Pepper Milk
Tuesday	Idly Brinjal Kadaiyal	Ginger Butter Milk	Chappathi Channa Kurma Ghee Rice	Kesari	Milk Biscuit
Wednesday	Ven pongal Sambar	Veg Soup	White Rice Thakkali Kuzhambu Keerai Kootu Butter Milk	Banana	Turmeric Milk Maravalli Kilanku
Thursday	Ragi Dosa Kara Chutney	ABC Juice	Veg Biryani, Curd Rice Onion Pachadi	Wheat payasam	Paruppu Vadai Tomato Soup
Friday	Idly Thakkali Kulambu	Murunga Keerai soup	White Rice, Sambar, Pachadi, Butter Milk	Cucumber	Sweet Bonda Nattusakkarai Milk
Saturday	Chappathi Veg, Kuruma	Health Mix	White Rice, Kovakkai, Kuzhambu, Kootu Rasam	Javvarisi Payasam	Sundal Masala Milk



YUMMY!



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OCTOBER 2nd & 4th Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly Sambar	Nannari Juice With Chia Seeds	White Rice Kollu dal Snake Gourd Poriyal Butter milk	Paruppu Payasam	Avul Valathandu Soup
Tuesday	Rava Pongal Coconut Chutney	Tomato Soup	Chappathi Veg Kurma Tomato Rice	Cucumber	Turmeric Milk Green Peas
Wednesday	Dosa Sambar	Ragi Koozh	White Rice, Mor Kulambu, Yam Fry, Rasam	Semiya payasam	Idly upma Kollu Soup
Thursday	Uttapam, Veg Sambar	Lemon Juice	White Rice Puli Kuzhambu Kootu Butter Milk	Water Melon	Medhu vada Badam Milk
Friday	Kurunai Arisi Upma Peanut Chutney	Ash Gourd Juice	White Rice, Keerai Sambar Rasam Cabbage Poriyal	Green Gram payasam	Vada Keerai Nattusakkarai milk
Saturday	Idiyappam, Coconut milk (or) Idly Sambar	Lemon Tea	Arisi Paruppu Sadham Curd Rice Wheel vadaam	Banana	Boiled Peanut Keerai Soup

- 3rd Week Friday Special Lunch



YUMMY!