



# Sri Nachammal Vidyavani Senior Secondary School - CBSE

EXPLORE. EXPERIENCE. ENJOY.

AFFILIATED TO CBSE, NEW DELHI NO.1930499

# FOOD MENU

1st & 3rd week

Day	Breakfast	Morning snacks	Lunch	Fruit/Dessert	Evening Snacks
Mon	<b>Carrot/Beetroot idly</b> <b>Kara Chutney</b> <b>Coconut chutney</b> 1 idly = 73 calories 1 idly = 1.6 g 1 idly = 1 gr fat	<b>Musk melon juice/ Mint Tea</b> Musk melon juice 100 ml= 57calories 100 ml=1 g protein Mint Tea 2calories0.2g protein	<b>Rice,</b> <b>ThattapayaruKulambu</b> <b>Tomato rasam</b> <b>Beetroot poriyal</b> <b>Buttermilk</b> Kulambu= 194 calorie, 9 g protein, 7 g fat Rasam= 59 calories, 10 g protein, 14 g fat Butter milk=40 calories, 3.3 g protein, 0.9 g fat	<b>Kesari</b> 321 calories Protein=5 g Fat=14 g	<b>Peanut Bonda</b> <b>Karuppati Milk</b> Peanut bonda= 227 calories, 4.2 g protein, 3 g fat Karuppat Calories 102, Protein 0 g, Fat 1g
Tue	<b>Podi Dosa</b> <b>Sambar</b> <b>Mint Chutney</b> 1 dosa= 180 calories 1 dosa= 5 g protein 1 dosa= 0 fat	<b>Sweet lime juice</b> 100 ml= 39 calories 100 ml= 3g protein	<b>Rice, Brinjal sambar</b> <b>Rasam, Potato podimas</b> <b>Buttermilk</b> Brinjal sambar= 338 calories, Protein=15.62 g, fat= 10.57 g Rasam= 59 calories, 10 g protein, 14 g fat Butter milk=40 calories, 3.3 g protein, 0.9 g fat potato podimas= 125 calories, Protein= 7 g Fat=4 g	<b>Banana</b> 89 calories Protein= 1.1 g Fat=0.3 g	<b>Medhuvada</b> <b>Dry Ginger Milk</b> Medhuvada 87 calories, Protein= 5 g, Fat=0.3 grams Dry Ginger milk calories 183,protein 10g
Wed	<b>Poori, Potato masala</b> 1 poori=141 calories 1 poori = 2.3 g protein 1 poori= 9.8 g fat	<b>Water melon juice/ Vegetable Soup</b> 100 ml= 31 calories 100 ml= 3.5 g protein Vegetable soup 100ml=37 calories 100 ml= 2 g protein	<b>Tomato Rice, Curd Rice</b> <b>Appalam</b> Tomato rice= 266 calories, Protein - 2.7grams, Fat=3.9 g Curd rice = 207 calories, Protein= 6.1 g, Fat= 3.2 gr	<b>Cucumber</b> 8 calories, 0.1 g fat, 3.3 g protein	<b>Pottukadalai balls</b> <b>Pepper milk</b> 70 calories , 1.91 g protein, 0.31 gram fat Pepper milk 50 Calories , fat 3g
Thur	<b>Pongal, Sambar</b> <b>Coconut chutney</b> 1 pongal = 212 calories 1 pongal =Protein 5.5 g 1 pongal =Fat 8.2 g	<b>Pineapple</b> 1 bowl= 82 calories 1 bowl=0.89 g protein	<b>Rice, Ladies finger kulambu, Rasam</b> <b>Keeraikottu, Buttermilk</b> Ladies finger kulambu= 33 calories, Protein=11 g, Fat= 9 g Rasam= 59 calories, 10 g protein, 14 g fat Butter milk=40 calories, 3.3 g protein, 0.9 g fat Vegetable kootu=39 g calories, Fat=7 g, Protein= 7.8 g	<b>Papaya</b> 43 calories 0.6 g= Protein 0.1 = fat	<b>Badham milk</b> <b>Onion pakoda</b> Onion pakoda = 90 calories, 5 g fat, 3 g protein Badham milk=39 calories Protein=1 g Fat=2.5 g
Fri	<b>Idly, Tomato kuruma, Coconut chutney</b> 1 idly=70 calories 1 idly = 6 g protein 1 idly = 0 fat	<b>Buttermilk</b> 100 ml= 40 calories 100 ml= 8 g of fat	<b>Rice, Drumstick sambar, Rasam, Keerai masiyal, Curd</b> Drumstick sambar= 338 calories, Protein=28.3 g, Fat=11 g Rasam= 59 calories, 10 g protein, 14 g fat Butter milk=40 calories, 3.3 g protein, 0.9 g fat Keerai Masiyal = 61 calories, Protein=5g, Fat = 1g	<b>Payasam</b>	<b>Banana bajji</b> <b>Masala milk</b> Banana bajji =53 calories, Protein= 1.7 g, Fat = 1.9 g Masala milk= 69 calories Protein= 1.9 gram, Fat=4.7 g
Sat	<b>Multigrain Dosa</b> <b>Coriander chutney</b> <b>Kara chutney</b> 1 dosa= 111 calories 1 dosa=7 g protein 1 dosa = 3.7 g fat	<b>Vegetable soup</b> 100ml=37 calories 100 ml= 2 g protein	<b>Vegetable Biryani</b> <b>Onion raita, Curd rice, Pickle</b> Vegetable biriyani= 198 calories, Protein= 4.2 g, Fat=3.9 g Curd rice = 207 calories, Protein= 6.1 g, Fat= 3.2 gr)(Onion raita 140 calories, Protein 5g, Fat=6.6 g	<b>Semiya Kesari</b> 321 calories Protein=5 g Fat=14 g	<b>Paruppuvadai</b> <b>Country Sugar milk</b> (Paruppuvada 87 calories, Protein= 5 g, Fat=0.3 grams) Country sugar milk 130 calories, Protein 8g, Fat 5g



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# FOOD MENU

2nd & 4th week

Day	Breakfast	Morning snacks	Lunch	Fruit/Dessert	Evening Snacks
Mon	<b>Pongal, Sambar</b> <b>Coconut chutney</b> 1 pongal = 212 calories 1 pongal = Protein 5.5 g 1 pongal = Fat 8.2 g	<b>Nannari juice</b> 100 ml = 74 calories 100 ml = 0 fat	<b>White Rice,</b> <b>Keeraiparuppu kulambu,</b> <b>PuliRasam, Potato</b> <b>varuval+Buttermilk</b> Keeraiparuppu kulambu = 61 calories, Protein=5g, Fat = 1g Rasam= 59 calories, 10 g protein, 14 g fat Butter milk=40 calories, 3.3 g protein, 0.9 g fat potato poriyal= 125 calories, Protein= 7 g Fat=4 g	<b>Banana</b> 89 calories Protein= 1.1 g Fat=0.3 g	<b>Sweet Bonda</b> <b>Badham milk</b> Badham milk=39 calories Protein=1 g Fat=2.5 g <b>Sweet Bonda</b> 70 calories 1 gm Fat, 3 g protien
Tue	<b>Stuffed masala idly</b> <b>Coconut chutney</b> <b>Mint Chutney</b> 1 idly = 73 calories 1 idly = 1.6 g 1 idly = 1 g fat	<b>Masala Moor</b> 100 ml = 40 calories 100 ml = 8 g of fat	<b>Soya Biryani+Onion</b> <b>Raita, Curd rice</b> Soya biryani= 168 calories, Protein= 4.2 g, Fat=3.9 g Curd rice = 207 calories, Protein= 6.1 g, Fat= 3.2 g Onion raita 140 calories, Protein 5g, Fat=6.6 g	<b>Kesari</b> 321 calories Protein=5 g Fat=14 g	<b>Banana Bajji</b> <b>Country Sugar milk</b> Banana bajji 53 calories, 3g Fat 1.7 Protien
Wed	<b>Semiya kitchadi</b> <b>Coconut chutney</b> 1 bowl = 164 calories 1 bowl = 3.97 g 1 bowl = 5.04 g	<b>Kambukoozh</b> 100 ml = 30 calories 100 ml = 9 g fat	<b>White rice, Dhall</b> <b>Lemon Rasam,</b> <b>Yam chops+Buttermilk</b> Dhall= 198 calories, Protein=28.3 g, Fat=11 g Rasam= 59 calories, 10 g protein, 14 g fat Butter milk=40 calories, 3.3 g protein, 0.9 g fat Yam chops= 164 calories, Protein=13.6 g, Fat= 5 g	<b>Banana</b> 89 calories Protein= 1.1 g Fat=0.3 g	<b>Bonda</b> <b>Karuppati Milk</b> Bonda= 227 calories, 4.2 g protein, 3 g fat Karuppat Calories 102, Protein 0 g, Fat 1g
Thur	<b>PodiDosa, Sambar</b> <b>Kara chutney</b> 1 dosa= 180 calories 1 dosa= 5 g protein 1 dosa= 0 fat	<b>Water melon juice</b> <b>Mint Tea</b> 100 ml = 31 calories 100 ml = 3.5 g protein Mint Tea 2 calories 0.2g protein	<b>Rice, Vathalkulambu</b> <b>Rasam, Vegetable kottu</b> <b>Curd</b> Vathalkulambu= 187 calories, Protein= 17 g, Fat=3 g Rasam= 59 calories, 10 g protein, 14 g fat Butter milk=40 calories, 3.3 g protein, 0.9 g fat Vegetable kootu=39 g calories, Fat=7 g, Protein= 7.8 g	<b>Pineapple</b> 1 bowl= 82 calories 1 bowl=0.89 g protein	<b>Masala sundal</b> <b>Masala milk</b> Masala sundal=127 calories, Protein=3 g, Fat 2.5 g Masala milk= 69 calories Protein= 1.9 gram, Fat=4.7 g
Fri	<b>Idly, Tomato kuruma,</b> <b>Coconut chutney</b> 1 idly=70 calories 1 idly = 6 gr protein 1 idly = 0 fat	<b>Pappaya juice/</b> <b>Vegetable soup</b> 100 ml = 143 calories 100 ml = 3.4 g fat Vegetable soup 100ml=37 calories 100 ml = 2 g protein	<b>Rice, Green gram dhall</b> <b>Rasam, Mixed vegetable</b> <b>poriyal</b> Green gram dhal=156 calories, Protein 1 5 g, Fat= 7 g Rasam= 59 calories, 10 g protein, 14 g fat Vegetable poriyal =39 g calories, Fat=7 g, Protein= 7.8 g	<b>Sweet pongal</b> 1 bowl= 273 calories 1 bowl = 3.8 g protein 1 bowl= 6.2 g fat	<b>Medhuvada</b> <b>Dry Ginger milk</b> Medhuvada 87 calories, Protein= 5 g, Fat=0.3 g Dry Ginger milk calories 183, protein 10g,
Sat	<b>Poori, Potato Green</b> <b>peas kuruma</b> 1 poori=141 calories 1 poori = 2.3 g protein 1 poori= 9.8 g fat	<b>Grapes juice</b> 100 ml = 152 calories 100 ml = 3 g fat	<b>Variety rice(chef choice)</b> <b>Curd rice, Appalam</b> Curd rice = 207 calories, Protein= 6.1 g, Fat= 3.2 gr	<b>Papaya</b> 43 calories 0.6 gr= Protein 0.1 = fat	<b>Masala pori</b> <b>Pepper milk</b> Masalaporil=107 calories, Protein=9 g, Fat 2.5 g Pepper milk= 6 calories, Protein= 1.9 g, Fat=4.7 g



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3RD WEEK FRIDAY

# SPL LUNCH

Sweet (Carrot/Beetroot/pumpkin/Bread Halwa)

Mushroom Briyani

Onion Raita

White rice

Drumstick Brinjal Sambar

Lemon Rasam

Potato Cutlet

Paruppu vada

Semiya Payasam

Curd