



Sri Nachammal Vidyavani
Senior Secondary School - CBSE



AFFILIATED TO CBSE, NEW DELHI NO.1930499

A UNIT OF
The Chennai Silks

www.snvvschools.com

7708007988 | 7708622232



SEPTEMBER 1st & 3rd Week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idly Sambar	Kambu Koozh Salt	White Rice, Sambar, Cabbage Poriyal Butter Milk	Papaya	Milk Kara boondi
Tuesday	Semiya Coconut Chutney	Ginger Butter Milk	Chappathi, Soya Kurma Rice Rasam	Wheat payasam	Milk Biscuit
Wednesday	Wheat Dosa, Tomato Chutney	Veg soup	WhiteRice ,Green Gram Dhal, Beetroot Poriyal, Rasam	Cucumber	Turmeric Milk Masal Poori
Thursday	Ven pongal Sambar	ABC Juice	Soya Biryani, Curd Rice Onion Pachadi	Kesari	Ginger Milk Sweet Aval
Friday	Idly Brinjal Kadaiyal	Black Coffee	White Rice, Sambar, Kovakkai Fry, Butter Milk	Banana	Masala Milk sundal
Saturday	Ragi Dosa Kara Chutney	Water Melon Juice	White Rice, Mor Kulambu, Rasam, yam fry	Aval payasam	Soup Potato Bonda



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SEPTEMBER 2nd & 4th Week Menu

Day	Breakfast	Morning Refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Mini Uttapam ,Sambar	Nannari Juice With Chia Seeds	White Rice Kollu dal Snake Gourd Poriyal Butter milk	Paruppu Payasam	Turmeric Milk Sweet Kolukatti
Tuesday	Rava Ven Pongal Coconut Chutney	Tomato Soup	Puliyodharai ,Curd Rice, Thuvayal	Cucumber	Milk Keerai bonda
Wednesday	Dosa Sambar	Ragi Koozh With Salt	White Rice Puli Kuzhambu Keerai Kootu Butter Milk	Semiya payasam	Soup Idly upma
Thursday	Poori Potato Masala	Lemon Tae	Tomato Rice , Curd Rice Potato fry	Water Melon	Turmeric Milk Sundal
Friday	Idly Mint Chutney	Ash Gourd Juice	White Rice, Sambar Rasam Poriyal	Gulab Jamun	Nattusakkarai milk Green Peas
Saturday	Ravai Uppuma Coconut Chutney	Murungai Keerai Soup	White Rice Vathal Kulambu Kootu , Butter Milk	Banana	Soup Medu Vada

- 3rd Week Friday Special Lunch