



September 1st & 3rd week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Kambu Semiya Coconut Chutney	Fruit Juice	White Rice Thattapayaru Kulambu Rasam Beetroot Poriyal	Fruit	Medhu Vada Turmeric Milk
Tuesday	Idly Kara Chutney	Vegetable Soup	Puli Sadham White Rice Rasam Vadagam	Payasam	Green Peas Nattusakkara Milk
Wednesday	Uthappam Tomato Kuruma	Kambu koozh	White Rice Ladies finger puli kulambu Chow chowKottu Butter Milk	Fruit	Keerai Bonda Badham Milk
Thursday	Wheat Rava Kitchadi Coconut Chutney	Ragi Koozh	White Rice Green Gram Dhall Butter Milk Cabbage Poriyal	Fruit	Puffed rice Dry Ginger Milk
Friday	Idly Kuruma	Fruit Juice	White Rice Keeraiparuppu kulambu Rasam Potato Curry	Sweet Pongal	Sweet Bonda Masala Milk
Saturday	Poori Channa Masala	Butter Milk	Vegetable Briyani Onion Raith White Rice Rasam	Fruit	Boiled Peanut Pepper Milk



September 2nd & 4th week Menu

Day	Breakfast	Morning refreshment	Lunch	Fruits/Desserts	Evening Snacks
Monday	Idiyappam Semiya uppuma Coconut chutney Coconut milk	Fruit Juice	White Rice Vathal Puli Kulambu Ridge gourd kottu Butter milk	Fruit	Mysore Bonda Dry Ginger milk
Tuesday	Kambu Dosa Coriander Chutney	Keerai soup	White Rice Brinjal Sambar Rasam Potato Peas Gravy	Kesari	Masala Sundal Turmeric Milk
Wednesday	Pongal Sambar	Ragi koozh	Vegetable Fried rice Tomato Sauce White Rice Rasam Soya Fry	Fruit	Raw Banana Bajji Pepper Milk
Thursday	Idly Sambar	Fruit juice	Soya Briyani Onion Raitha Curd Rice	Fruits	Idly Uppuma Nattusakkarai milk
Friday	Dosa Kuruma	Butter milk	White Rice Drumstick Sambar Rasam Keeraikottu	Payasam	Puffed rice Masala milk
Saturday	Noodles/Idly, Kara chutney Tomato Sauce	Kambu koozh	White rice Green gram Dhall Rasam Snack gourd poriyal	Fruit	Paruppuvada Masala Milk

- 3rd week Friday Special Lunch