

CYCLE 1

DAY	Mini Breakfast (Whole School)	Lunch
Monday	Boiled egg Banana (robusta) Lime juice	Red rice Sambar Avial Pappad Pickle Kheer
Tuesday	Idily & Chutney Lime juice	Ghee rice Chicken roast MIXED VEG CURRY Pappad / pickle Gulab jamun
Wednesday	Veg sandwich Lime juice	Egg noodle Veg noodle Tomato sauce Sezhawan sauce Fruit
Thursday	Vada Chutney Lime juice	Fish ball biriyani Paneer biriyani Kachumber / pickle Cake
Friday	Ellada Lime juice	Red rice Moru curry Thorán Papad pickle Fruit

CYCLE 2

DAY	Mini Breakfast (Whole School)	Lunch
Monday	Pathiri Lime juice	Boiled rice Fish curry / sambar Thorán Pappad/pickle Kheer
Tuesday	Kozhukatta Lime juice	Chappathi Egg curry Panner mutter Raitha , pappad , kesari
Wednesday	Veg sandwich Lime juice	Boiled rice Moru curry Thorán or erissery Pickle pappad Fruits
Thursday	Dosa & Chutney Lime juice	Chicken dum biriyani Veg dum biriyani Raitha Pickle pappad Gulab jamun
Friday	Bun Butter Jam Lime Juice	Kanji Green Gram Chutney, Pappad & Pickle Cake

CYCLE 3

DAY	Mini Breakfast (Whole School)	Lunch
Monday	Boiled banana Lime juice	Egg fried rice Veg fried rice Veg manchurian Sauce (separate) Fruit
Tuesday	Idily Lime juice	Red rice Sambar Erissery Papad / pickle Payasam
Wednesday	Pav bun Lime juice	Chappathi Aloo mattar Kachumber salad/ raita Gulab jamun
Thursday	Vada Chutney Lime juice	Boiled rice Chicken curry / DHAL CURRY Raita Pickle , pappad Fruit
Friday	Veg sandwich Lime juice	Egg noodles Veg noodles Tomato sauce Sezhwan sauce Cake

CYCLE 4

DAY	Mini Breakfast (Whole School)	Lunch
Monday	Bun butter jam Lime juice	White rice Dal curry Crispy fried veg Pappad/pickle Kheer
Tuesday	Cutlet Lime juice	Chicken biriyani Veg.biriyani & dal chaval Raita,pappad Cut fruits
Wednesday	Dosa chutney Lime juice	Tomato rice Aloo fry sabji (dry) Raitha Pickle Banana
Thursday	Veg sandwich Lime Juice	Chappathi White channa curry Kachumber Cake
Friday	Ela ada Lime juice	Boiled rice Fish curry / morru curry Thorán /pickle/ pappad Keseri