SNACKS & FOOD MENU FOR KG (20/02/2023 to 25/02/2023)

DAY	10:30 AM SNACKS	LUNCH	3 PM SNACKS
MON **20/02/2023**	1. BOURNVITA, 2. MIXED SUNDAL	1. CARROT RICE, 2. RASAM RICE 3. CABBAGE KARA PORIYAL, 4. APPALAM	1. HOT BADAM MILK
TUE **21/02/2023**	1. BOOST, 2. BANANA.	1. PARUPPU SATHAM, 2. CURD RICE, 3. POTATO VARUVAL, 4. METHI CHAPPATHI, 5. PANNER BUTTER PEAS MASALA.	1. VELLAM MILK, 2. BUSCUITS.
WED **22/02/2023**	1. BOURNVITA, 2. RAW PEANUT SUNDAL.	1. COCONUT RICE, 2. RASAM SATHAM, 3. GOBI 65 (OR) RAW BANANA 65	1. SWEET PONGAL.
THU **23/02/2023**	1. BOOST, 2. WHITE CHANNA SUNDAL	1. KEERAI RICE, 2. TOMATO RICE, 3. DOSA, 4. RADISH SAMBAR, 5. YAM FRY MASALA.	1. HEALTH MIX
FRI **24/02/2023**	1. BOURNVITA, 2. GREEN MOONG DHAL	1. BEETROOT RICE, 2. RASAM RICE, 3. APPALAM, 4. KEERAI KOOTU.	1. VELLAM MILK 2. PORI URUNDAI
SAT **25/02/2023**	1. BOOST, 2. BLACK CHANNA SUNDAL	1. SAMBAR RICE, 2. CURD RICE, 3. MASALA VADA, 4. FRYUMS, 5. WHITE CHENNA KADALAI KARII.	1. HOT BADAM MILK

SNACKS & FOOD MENU FOR Grade 1 to 12 (20/02/2023 to 25/02/2023)

DAY	BREAKFAST	10:30 AM SNACKS	LUNCH	3 PM SNACKS	4.45 PM HEAVY SNACKS
MON 20/02/2023	1. DOSAI, 2. SAMBAR, 3. KARA CHUTNEY, 4. KESARI.	1. BOURNVITA, 2. MIXED SUNDAL	1. RICE, 2. KADAMBA SAMBAR, 3. DHAL RASAM, 4. BUTTER MILK, 5. CABBAGE KARA PORIYAL, 6. APPALAM.	1. HOT BADAM MILK	1. HOT BADAM MILK, 2. BONDA.
TUE 21/02/2023	1. PONGAL, 2. MEDHU VADAI, 3. BRINJAL GOSTHU, 4. COCONUT CHUTNEY.	1. BOOST, 2. BANANA.	1. RICE, 2. PANNER BUTTER PEAS MASALA, 3. METHI CHAPPATHI, 4. MYSORE RASAM, 5. BUTTER MILK, 6. POTATO VARUVAL.	1. VELLAM MILK, 2. BUSCUITS.	1. VELLAM MILK, 2. PAV BAN.
WED 22/02/2023	1.SEMIYA KICHADI, 2. COCONUT CHUTNEY, 3. BREAD, 4. BUTTER, 5. JAM.	1. BOURNVITA, 2. RAW PEANUT SUNDAL.	1. VEG PULAO, 2. BRINJAL THOKKU, 3. RICE, 4. RASAM, 5. BUTTER MILK, 6. BANANA 65 OR GOBI 65.	1. SWEET PONGAL	1. SWEET PONGAL, 2. METHU VADA.
THU 23/02/2023	1. IDLY, 2. SAMBAR, 3. PEANUT CHUTNEY, 4. PUTTU.	1. BOOST, 2. WHITE CHANNA SUNDAL	1. RICE, 2. RADISH SAMBAR, 3. DOSA, 4. PEPPER RASAM, 5. BUTTER MILK, 6. YAM FRY MASALA.	1. HEALTH MIX	1. HEALTH MIX, 2. KEERAI VADA.
FRI 24/02/2023	1. PODI DOSA, 2. SAMBAR, 3. TOMATO CHUTNEY	1. BOURNVITA, 2. GREEN MOONG DHAL	1. RICE, 2.VATHA KULAMBU (MANATHAKKALI, DRUM STICK, BRINJAL), 3. KEERAI KOOTU, 4. GARLIC RASAM, 5. BUTTER MILK, 6. APPALAM	1. VELLAM MILK 2. PORI URUNDAI	1. VELLAM MILK, 2. ONION PAKODA.
SAT 25/02/2023	1. POORI, 2. POTATO MASALA, 3.PUTTU.	1. BOOST, 2. BLACK CHANNA SUNDAL	1. TOMATO RICE, 2. CURD RICE, 3.WHITE CHENNA KADALAI KARII OR SNACK GOURD KOOTU, 4. MASALA VADA.	1. HOT BADAM MILK	1. HOT BADAM MILK, 2.CUP CAKE.