

**The Vikasa School Sawyerpuram**  
**Sainik Hostel Food Menu - April 24 ( 2022 Based On Menu )**

Date	Day	Break Fast	M -Snacks	Lunch	E -Snacks	Dinner
1.4.24	Mon	Bread .Butter .Jam . Poori . Aloo Masala . .Boiled Egg . Veg Sweet Corn , Coffee	Boiled Peanut	Chappathi , Egg Masala , Rajma Masala , White Rice , Rasam , Butter Milk ,Kesari	Banana Bajji . Tea	Plain Rice . Mix Dal . Aloo Pakoda .Curd . Milk , Banana
2.4.24	Tue	Bread .Butter .Jam . Ven Pongal ,Chutney . Sambar , Poha . Egg Podimas. Veg Nenthiram Palam , Tea	Pakoda	Toamto Rice , Aloo Gobi Masala , White Rice , Pappad , Rasam , Butter Milk . Milk Payasam	Aloo Bonda ,Freshlime	Chapathi . Plain Rice , Kadai Chicken .& Veg Kadai Paneer . Curd . Banana
3.4.24	Wed	Bread .Butter .Jam . Semiya Uppuma . Cocount Chutney . Omelete . Vef French fry ,Coffee	GG Dal	Lemon Rice , Veg Kuruma , Chutney , White Rice , Rasam , Butter Milk , Pappad , Rava laddu	Masala Pori	Dosa . Chutney , Sambar .Curd . Aloo Masala . White Rice .Milk ,Fruit
4.4.24	Thu	Bread .Butter .Jam . Idly .Cocount Chutney .Sambar . Veg Cutlet .Coffee	Biscuits	Ghee Rice , Chicken Chettinad . Veg Paneer Mutter . White Rice . Rasam . Butter Milk . Gulab jamun	Sweet Bonda ,Freshlime	Salad .Chapthi , Navratan korma . White Rice . Curd . Milk .Banana
5.4.24	Fri	Bread .Butter .Jam , Wheat Uppuma . Black Channa Curry . Boiled Egg . Veg Fruit .Tea	Sweet Aval	Salad , White Rice .Channa Kuzambu , Carrot Beans Poriyal ,Rasam . Pappad . Dal payasam	Samosa . Tea	Plain Rice , Mix Dal , Chow Chow Kootu . Curd . Milk
6.4.24	Sat	Bread .Butter .Jam . Dosa .Tomato Chutney .Sambar . Boiled Egg . Veg Sweet Corn , Coffee	Cake	White Rice ,Mix Dal , Veg Aloo Poriyal .Rasam .Butter Milk .Pappad . Pampkin Halwa	Peanut Fry .Frshlime	Chapthi . Chicken Sukka & Gravy . Veg Meal Maker , Curd . Plain Rice . . Milk ,Fruit
7.4.24	Sun	Bread .Butter .Jam . Dimaond Chapthi . Curd .Aloo Curry . Pickle . Boiled Egg . Veg Fruit , Tea	Mix Sundal	Chicken Biryani , Gravy . Veg Paneer Biryani , Veg Kuruma , White Rice , Rasam , Butter Milk , Fruit Custard	Pav Bajhi .Coffee	Veg Noodles . Gobi Manchuiran . Plain Rice . Dal Curd . Milk
8.4.24	Mon	Bread .Butter .Jam . Poori . Channa Masala . .Boiled Egg . Veg Sweet Corn , Coffee	Samosa	Chappathi , Egg Masala , Veg Rajma Masala , White Rice , Rasam , Butter Milk , Kesari	Pakoda . Fresh Lime	Chapthi . Peas Masala , Veg Aloo fry , Plain Rice . Curd . Milk ,Banana
9.4.24	Tue	Bread .Butter .Jam . Ven Pongal ,Chutney . Sambar , Poha . Egg Podimas . Veg Nenthiram Palam , Tea	Masala Peanut	White Rice . Radish Sambar ,Rasam ,Butter Milk , Keerai kottu . Pappad . Sweet Pongal	Biscuits . Tea	White Rice , Fish Fry & Curry , Dal Fry , Veg Gobi Mutter Paneer , Rasam , Milk Banana
10.4.24	Wed	Bread .Butter .Jam . Semiya Uppuma . Cocount Chutney . Omelete . Vef French fry ,Coffee	Masala Pori	Coarinader Rice , White Rice . Mix Dal . Kovarkai Poriyal, Rasam , Butter Milk ,fryams , Beetroot Halwa	French Fry . Freshlime	Chapthi , Aloo Gobi Peas , Plain Rice , Rasam , Curd . Milk , Fruit

11.4.24	Thu	Bread .Butter .Jam . Idly .Cocount Chutney .Sambar . Veg Cutlet .Coffee	Channa	Chapthi .Pepper Chicken . Veg Paneer Mutter . White Rice . Rasam . Butter Milk . Gulab jamun	Banana Bajji . Tea	Plain Rice . Mix Dal . Omlete . Veg Meal Maker . Bindhi Fry .Curd . Milk , Banana
12.4.24	Fri	Bread .Butter .Jam , Wheat Uppuma . Black Channa Curry . Boiled Egg . Veg Fruit .Tea	Masala Peanut	White Rice . Sambar .More kuzambu , Aloo Poriyal ,Rasam . Pappad . Dal payasam	Veg puff . Fresh lime	Chapthi ,Rajma Masala , Chow Chow Kottu , Plain Rice . Curd . Milk Banana
13.4.24	Sat	Bread .Butter .Jam . Dosa .Tomato Chutney . Boiled Egg . Veg Sweet Corn , Coffee	Cake	Chapthi .Aloo Gobi Masala , White Rice .Rasam , Curd , Pappad . Badusha	Maggi . Tea	Ghee Rice . Chicken 65 .& Gravy, Plain Rice , Curd . Veg Paneer 65 . Aloo Masala - Badam Milk ,Banana
14.4.24	Sun	Bread .Butter .Jam . Dimaond Chapthi . Curd .Aloo Curry . Boiled Egg . Veg Fruit , Tea	Biscuits	Veg Biryani , Veg Paneer Masala , Mutton Biryani , Gravy , Raitha , Curd Rice , Cutfruits	Masala Peanut	Salad .Chapthi , Navratan korma . Aloo Pakoda ,Plain Rice .Curd . Milk .
14.4.24	Mon	Bread .Butter .Jam . Palak Poori . Aloo Masala . .Boiled Egg . Veg Sweet Corn , Coffee	Boiled Peanut	Chapathi , Egg Masala , Veg Aloo Palak , White Rice , Rasam , Butter Milk , Kesari	Mysore Bonda . Tea	Veg Fried Rice . Gobi 65 . Plain Rice . Gobi Mutter . Milk . Curd . Milk Banana
16.4.24	Tue	Bread .Butter .Jam . Ven Pongal ,Chutney . Sambar , Poha . Egg Podimas . Veg Nenthiram Palam , Tea	Samosa	Veg Pulao , Raitha ,White Rice , Kadai Veg , Butter Milk , Rasam , Pappad , Rava laddu	Cutlet .Fresh lime	Chapathi . Plain Rice , Pepepr Chicken .& Veg Meal Maker .Curd . Veg Cutlet . Salad . Banana
17.4.24	Wed	Bread .Butter .Jam . Semiya Uppuma . Cocount Chutney . Omlete . Vef French fry ,Coffee	Karamani Sundal	Tomato Rice ,Toviyal . Veg Curry ,White Rice . Rasam . Butter Milk . Fryams , Pampkin Halwa	Masala Pori .Tea	Veg Pulao , Raitha , Kadai Veg , Egg Pepepr Fry , Veg Aloo Pakoda , Curd . Milk ,Fruit
18.4.24	Thu	Bread .Butter .Jam . Idly .Cocount Chutney .Sambar . Veg Cutlet .Coffee	Baji	Chapthi , Chicken Chettinad , Veg Paneer Butter , White Rice , Rasam , Butter Milk , Gulab jamun	Pakoda . Fresh Lime	Salad .Chapthi , Navratan korma . Bottle Gourd kottu , White Rice . Curd . Milk .Banana
19.4.24	Fri	Bread .Butter .Jam , Wheat Uppuma . Black Channa Curry . Boiled Egg . Veg Fruit .Tea	Masala Sundal	White Rice . Radish Sambar , Keerai Kottu ,Rasam ,Butter Milk , Pappad . Adai Payasam	French Fry . Tea	White Rice .Omlete . Veg French Fry . Mix Dal . Bindhi Masala .Curd . Milk , Banana
20.4.24	Sat	Bread .Butter .Jam . Vegetable Dosa .Tomato Chutney . Boiled Egg . Veg Sweet Corn , Coffee	Masala Pori .Tea	White Rice . Mix Dal . Culster Beans Poriyal .Curd . Milk ,fryams , Beetroot Halwa	Veg puff . Fresh lime	Chapthi . Chicken Sukka & Gravy . Veg Paneer 65 ,Rajma Masala , White Rice . . Milk ,fruits
21.4.24	Sun	Bread .Butter .Jam . Dimaond Chapthi . Curd .Aloo Curry . Boiled Egg . Veg Fruit , Tea	Biscuits	Parotta . Chicken Chettinad . Veg Paneer Mutter . White Rice . Rasam . Butter Milk . Payasam .Fruit	Magi . Tea	Veg Noodles . Chilly Gobi . Plain Rice . Dal . Curd . Milk
22.4.24	Mon	Bread .Butter .Jam . Poori . Channa Masala . .Boiled Egg . Veg Sweet Corn , Coffee	Masala Pori	Ghee Rice , Egg Masala , Veg Aloo Mutter , White Rice , Rasam , Butter Milk , Kesari	Aloo Bonda ,Freshlime	Chapthi ,Rajma Masala , Chow Chow Kottu , White Rice .Curd . Milk ,Banana

23.4.24	Tue	Bread .Butter .Jam . Ven Pongal ,Chutney . Sambar , Poha Egg Podimas . Veg Nenthiram Palam , Tea	Samosa	Chapthi ,Veg Kuruma , Mix Dal , White Rice , Rasam , Butter Milk , Fruit custard	Baji . Tea	Plain Rice , Fish Fry & Curry , Dal Fry , Veg Kadai Paneer , Rasam , Milk Banana
24.4.24	Wed	Bread .Butter .Jam . Semiya Uppuma . Cocount Chutney . Omlete . Vef French fry .Coffee	Cake	Toamto Rice . Aloo Pakoda . White Rice , Egg Masala . Bindhi Masala , Curd , Badusa	Veg Pakoda .Coffee	Salad .Chapthi , Navratan korma . White Rice . Curd . Milk .Fruit
25.4.24	Thu	Bread .Butter .Jam . Idly .Cocount Chutney .Sambar . Veg Cutlet .Coffee	Boiled Peanut	Veg Biryani , Veg Paneer Masala , Chicken Biryani , Gravy , Raitha , White Rice ,Rasam . Curd . Bread Halwa	Sweet Bun	Dosa . Chutney , Sambar .Curd .White Rice . Aloo Masala . Milk ,Banana
26.4.24	Fri	Bread .Butter .Jam , Wheat Uppuma . Black Channa Curry . Boiled Egg . Veg Fruit .Tea	Pakoda	Chapthi , White Rice . Mix Dal , Carrot Beans Poriyal ,Rasam .Butter Milk , Pappad . Dal payasam .Banana	Masala Peanut	Salad .Chapthi ,Mutter Gobi Masala . White Rice . Milk
27.4.24	Sat	Bread .Butter .Jam .Vegetable Dosa .Tomato Chutney . Boiled Egg . Veg Sweet Corn , Coffee	Mix Sundal	Cahapthi , Ghee Rice , Egg Masala , White Rice ,Channa Masala , Kadai Veg , Butter Milk , Rasam , Pappad , Milk Payasam. Cutfruit	Pav Bajhi .Coffee	Veg Fried Rice .Chilly Gobi ,Plain Rice , Dal Fry , Curd . Banana . Milk
28.4.24	Sun	Bread .Butter .Jam . Dimaond Chapthi . Curd .Aloo Curry . Boiled Egg . Veg Fruit , Tea	Biscuits	Ghee Rice , Raitha , Chicken Masala , Veg Paneer Mutter , White Rice , Rasam , Butter Milk , Kesari ,Banana	French Fry . Tea	White Rice . Mix Dal . Aloo Meal Maker fry .Curd .Badam Milk ,
29.4.24	Mon	Bread .Butter .Jam . Palak Poori . Aloo Masala . .Boiled Egg . Veg Sweet Corn , Coffee	Baji	Chappathi , Egg Masala , Veg Mutter Palak , Meal Maker , White Rice , Rasam , Butter Milk , Payasam	Pakoda . Tea	Dosa . Chutney , Sambar .Curd .White Rice .Gobi Pakoda . Milk ,Banana
30.4.24	Tue	Bread .Butter .Jam . Ven Pongal ,Chutney . Sambar , Poha . Boiled Egg . Veg Nenthiram Palam , Tea	Black Channa	White Rice . Radish Sambar , Mix Poriyal ,Rasam , Butter Milk , Pappad .kesari	Vada . Fresh lime	Veg Pualo .Chicken 65 ,Gravy - Veg French fry , Raitha . Mix Dal . White Rice . Curd . Milk

COMMANDANT

SR, PRINCIPAL