

The Vikasa Sainik School, Sawyerpuram, Tuticorin - 628251

Menu – November 2024

DATE	DAY	BREAKFAST	SNACKS-F.N	Lunch	SNACK-A.N	DINNER
01.11.24	Friday	Semiya Kitchadi, Chutney	Tea	White Rice, Sambar, Veg Kootu, Rasam	Tea	Chappathi, Veg Kuruma
02.11.24	Saturday	Dosai, Sambar, Chutney	Tea	Lemon Rice, Chutney	Tea	White Rice, Vathal Kulambu, Rasam, Appalam
03.11.24	Sunday	Bread, Jam, Omelet, Coffee, Milk	Tea, Biscuits	Chappathi, Chicken Gravy, Paneer Butter Masala, White Rice, Curd, Rasam, Fruits	Cake	White Rice, Mix Dal, Senaikizhangu Varuval, Curd, Milk
04.11.24	Monday	Bread, Jam, Boiled Egg, Poori, Aloo Masala, Veg- Corn, Tea, Milk	Cookies	Chappathi, Egg Masala, White Rice, Veg Kootu, Rasam, Buter Milk, Payasam, Fruit	Veg Roll, Tea	Veg Pulav, Veg- Kadai, White Rice, Dal, Rasam, Curd, Milk, Banana
05.11.24	Tuesday	Bread, Butter, Jam, Poha, Black Channa Curry, Egg Poriyal, Veg- Fruit, Coffee, Milk	Masal Vada, Tea	Coconut Rice, White Rice, Sambar, BEatroot Poriyal, Rasam, Appalam, Pumpkin Halwa	Fruit Biscuits, Tea	Chappathi, Chicken Gravy, White Channa Kuruma, Veg-Gobi-65, White Rice, Rasam, Curd, Milk, Apple
06.11.24	Wednesday	Bread, Jam, Idli, Sambar, Peanut Chutney, Boiled Egg, Veg- Corn, Tea	Cake, Tea	Veg Fried Rice, Gobi Manchurian, White Rice, Rasam, Butter Milk, Fryams, Pineapple Pudding	Black Channa	White Rice, Omelet, Aloo-65, Chow Chow Kootu, Dal, Rasam, Curd, Milk, Watermelon
07.11.24	Thursday	Bread, Jam, Wheat Uppuma, Coconut Chutney, Egg Poriyal, Veg- Fruit, Coffee, Milk	Peanut Boiled	Chappathi, White Rice, Chicken Curry, Paneer Butter Masala, Cabbage Poriyal, Rasam, Butter Milk, Carrot Halwa	Biscuits, Tea	Dosai, Red Chutney, Sambar, White Rice, Kadai Veg, Rasam, Curd, Milk
08.11.24	Friday	Bread, Jam, Ven Pongal, Chutney, Boiled Egg, Veg- Sweet Aval, Tea, Milk	Sweet Bun	White Rice, Salad, Sambar, Carrot Beans Poriyal, Rasam, Butter Milk, Appalam, Milk Payasam	Masala Peanut	Chappathi, Veg Kuruma, White Rice, Kara Kuzhambu, Rasam, Curd, Banana, Milk
09.11.24	Saturday	Dosai, Sambar, Red Chutney, Bread, Butter, Jam, Boiled Egg, Veg- Corn, Coffee, Milk	Cookies	Bisibelabath, White Rice, Surakkai Kootu, Rasam, Curd, Kesari	Cake, Tea	Ghee Rice, White Rice, Chicken Gravy, Pepper Chicken, Veg-

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						Kadai Paneer, Rasam, Milk, Guava
10.11.24	Sunday	Bread, Jam, Scrambled Egg, Veg- Baby Corn Fry, Tea	Vazhakkai Baji	Jeera Rice, White Rice, Chicken Curry, Palak Paneer, Rasam, Butter Milk, Custard	Sweet Bun	Chappathi, Green Peas Kuruma, White Rice, Rasam, Curd, Banana
11.11.24	Monday	Bread, Butter, Jam, Poori, Peas Masala, Boiled Egg, Veg- Sweet Corn, Coffee, Milk	Black Channa Boiled, Tea	Chappathi, Egg Masala, White Rice, Veg Kootu, Rasam, Butter Milk, Payasam/ Fruit	Veg Puff	Veg Fried Rice, Veg Manchurian, White Rice, Dal, Rasam, Curd, Milk
12.11.24	Tuesday	Bread, Jam, Dosai, Sambar, Chutney, Boiled Egg, Veg- Fruit, Tea, Milk	Coconut Cookies	White Rice, Dal, Bhindi Poriyal, Rasam, Butter Milk, Appalam, Payasam	Pakoda, Tea	Chappathi, White Rice, Chicken Gravy, Veg- Gobi-65, Paneer Butter Masala, Rasam, Curd, Apple
13.11.24	Wednesday	Bread, Butter, Jam, Poha, Black Channa Curry, Egg Poriyal, Veg- Corn Fry, Coffee, Milk	Moong Dal Boiled	Tomato Rice, White Rice, Thuvaial, Avarai Poriyal, Mix Dal, Rasam, Butter Milk, Dal Payasam	Vanila Cake	White Rice, Omelet, Vathal Kuzhambu, Vazhakkai Poriyal, Aloo-65, Rasam, Curd, Milk, Banana
14.11.24	Thursday	Bread, Jam, Wheat Uppuma, Coconut Chutney, Boiled Egg, Veg- Fruit, Tea, Milk	Cookies, Tea	White Rice, Chicken Gravy, Paneer Butter Masala, Beetroot Poriyal, Rasam, Butter Milk, Kesari	Veg Roll	Dosai, White Rice, Sambar, Malli Chutney, Carrot Beans Fry(Without Coconut), Rasam, Curd, Milk, Banana
15.11.24	Friday	Bread, Butter, Jam, Ven Pongal, Chutney, Egg Poriyal, Veg- Sweet Corn, Coffee, Milk	Methu Vadai	Salad, White Rice, Kathamba Sambar, Keerai Kootu, Rasam, Butter Milk, Appalam, Milk Payasam	Masala Cookies	Chappathi, White Rice, Rajma Kuruma, Aloo Fry, Rasam, Curd, Milk, Watermelon
16.11.24	Saturday	Bread, Jam, Rava Kitchadi, Chutney, Boiled Egg, Fruit, Tea, Milk	Coconut Bun, Tea	Parotta, Chicken Curry, Paneer Butter Masala, White Rice, Rasam, Butter Milk, Gulab Jamun	Choco Vanila Cake	White Rice, Dal, Aloo Poriyal, Rasam, Curd, Banana
17.11.24	Sunday	Bread, Jam, Butter, Scrambled Egg, Veg Cutlet, Coffee, Milk	Biscuits, Tea	Mutton Biryani, Veg Biryani, Veg- Paneer Butter, Raitha, Thalsa, White Rice, Rasam, Fruit	Maggie, Badham Milk	Chappathi, Rajma Kuruma, White Rice, Suraikkai Kootu, Rasam, Curd, Guava

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18.11.24	Monday	Bread, Jam, Idli, Sambar, Chutney, Boiled Egg, Veg- Sweet Corn, Tea, Milk	Boiled Channa, Tea	Chappathi, Egg Masala, White Channa Kuruma, White Rice, Brinjal Varuval, Rasam, Butter Milk, Pampkin Halwa	Veg Puff	Veg Noodles, Gobi Manchurian, White Rice, Dal, Curd, Milk, Banana
19.11.24	Tuesday	Bread, Butter, Jam, Poha, Black Channa Curry, Egg Burji, Veg- Fruit, Coffee, Milk	Peanut Fry, Tea	Lemon Rice, White Rice, Coconut Chutney, Sambar, Rasam, Aviyal, Butter Milk, Carrot Halwa, Fryams	Veg Roll, Tea	Chappathi, Pepper Chicken, Veg Channa Masala, Baby Corn Fry, White Rice, Curd, Milk
20.11.24	Wednesday	Wheat Uppuma, Chutney, Bread, Jam, Boiled Egg, Veg- Sweet Corn, Tea, Milk	Cake, Tea	White Rice, Dal, Senaikizhangu Fry, Rasam, Butter Milk, Semiya Payasam	Onion Pakoda	Egg Rice, Veg- Fried Rice, White Rice, Mix Dal, Chow Chow Kootu, Rasam, Curd, Tomato Sauce, Milk, Banana
21.11.24	Thursday	Dosai, Bread, Butter, Jam, Sambar, Red Chutney, Boiled Egg, Veg- Fruit, Coffee, Milk	Cookies, Tea	Veg Pulao, Chicken Gravy, Paneer Butter Masala, White Rice, Beetroot Poriyal, Rasam, Butter Milk, Dal Payasam	Veg Puff, Tea	Chappathi, White Rice, Aloo Gobi Masala, Rasam, Curd, Milk
22.11.24	Friday	Bread, Jam, Poori, Peas Aloo Masala, Boiled Egg, Veg- Sweet Corn, Milk, Tea	Pepper Cookies	Salad, White Rice, Sambar, Aloo White Peas Kootu, Rasam, Butter Milk, Appalam, Milk Payasam	Peanut Boiled	Chappathi, White Channa Kuruma, White Rice, Cabbage Poriyal, Rasam, Curd, Milk, Banana
23.11.24	Saturday	Bread, Butter, Jam, Idli, Sambar, Chutney, Boiled Egg, Veg- Fruit, Coffee, Milk	Jeera Cake, Tea	Parotta, Chicken Curry, Paneer Butter Masala, White Rice, Rasam, Butter Milk, Kesari	Masal Vada	Veg Pulav, White Rice, Kadai Veg, Rasam, Curd, Milk, Dal
24.11.24	Sunday	Bread, Butter, Jam, Boiled Egg, Veg Baby Corn Fry	Cookies, Tea	Chicken Biryani, Palak Paneer, White Rice, Salna, Rasam, Butter Milk, Custard	Maggie, Badham Milk	Chappathi, Green Gram Dal, White Rice, Vazhakkai Poriyal, Rasam, Curd, Banana

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25.11.24	Monday	Bread, Jam, Poori, Aloo Peas Masala, Boiled Egg, Veg-Fruit, Coffee, Milk	Veg Puff, Tea	Chappathi, Channa Masala Kuruma, White Rice, Suraikkai Kootu, Rasam, Butter Milk, Dal Payasam	Cake, Tea	Ghee Rice, White Rice, Dal, Valakkai Poriyal, Rasam, Curd, Milk, Banana
26.11.24	Tuesday	Bread, Butter, Jam, Poha, Channa Curry, Egg Poriyal, Veg- Sweet Corn, Tea, Milk	Peanut Boiled, Tea	Tomato Rice, Thuvaiyal, White Rice, Vazhakkai Poriyal, Mix Dal, Rasam, Butter Milk, Fryams, Kesari	Veg Roll, Tea	Chappathi, Chicken Curry, Rajma Dal, White Rice, Bindhi Poriyal, Rasam, Curd, Milk, Watermelon
27.11.24	Wednesday	Bread, Jam, Ven Pongal, Chutney, Boiled Egg, Veg-Fruit, Coffee, Milk	Cookies, Tea	White Rice, Sambar, Aviyal, Rasam, Curd, Appalam, Milk Payasam	Moong Dal Boiled, Tea	White Rice, Omelet, Veg- Gobi 65, KaraKuzhambu, Rasam, Curd, Milk, Guava
28.11.24	Thursday	Bread, Jam, Butter, Rava Kitchadi, Chutney, Egg Poriyal, Veg Corn Fry, Tea, Milk	Cake, Tea	Chappathi, Chicken Curry, Paneer Butter Masala, White Rice, Kootu, Rasam, Butter Milk, Kesari	Vazhakkai Baji, Tea	Chappathi, White Rice, White Channa Kuruma, Rasam, Curd, Milk, Pineapple
29.11.24	Friday	Bread, Jam, Dosai, Red Chutney, Sambar, Boiled Egg, Veg- Sweet Corn, Milk, Coffee	Coconut Bun, Tea	Salad, White Rice, Sambar, Cabbage Poriyal, Rasam, Appalam, Semiya Payasam, Butter Milk	Sweet Bonda, Tea	Veg Pulav, White Rice, Kuruma, Suraikkai Kootu, Rasam, Curd, Milk, Apple
30.10.24	Saturday	Bread, Butter, Jam, Wheat Uppuma, Chutney, Egg Poriyal, Veg Fruit, Tea, Milk	Masala Cookies	Parotta, Chicken Curry, Paneer Butter Masala, White Rice, Rasam, Butter Milk, Kesari	Veg Puff, Tea	Chappathi, Mixed Dal, White Rice, Aloo Gobi Fry, Rasam, Curd, Milk, Banana

COMMANDANT


SR.PRINCIPAL 9/11/24