

The Vikasa Sainik School, Sawyerpuram, Tuticorin - 628251

MENU - FIRST & THIRD WEEK

DAY	DAY	BREAKFAST	M - SNAKCS	LUNCH	E- SNACKS	DINNER
Mon	1	Bread, Butter, Jam, Cornflakes with Milk, Masala Omelette, Nendran Banana (Veg)	Fruit Cookies & Tea	Tomato Rice, Thuvaiyal, Carrot & Caggage Poriyal, White Rice, Rasam, Butter Milk, Dal Payasam, Vadagam	Pepper Kari, tea	Veg Salad, Chapathi, Chicken Curry, Paneer Masala (Veg), White Rice, Rasam, Curd, Milk, Apple
Tue	2	Idli, Coconut Chutney, Sambar, Scrambled Egg, Paneer Burji (Veg), Milk & Coffee	Vazhakkai Bajji & Bournvita	White Rice, More Kuzhambhu, Keerai Kottu, Rasam, Butter Milk, Appalam, Milk Payasam	Muffins & Tea	White Rice, Green Gram Dal, Surakkai Koottu, Rasam, Curd, Milk, Banana
Wed	3	Rava Kitchadi, Red Chutney, Bread, Butter, Jam, Masala Omelette, Cutlet (Veg), Milk & Tea	Vanilla Cake & Tea	Veg Saad, Chapathi, Chettinadu Chicken, Palak Paneer (Veg), White Rice, Rasam, Potato Fry, Butter Milk, Kesari	Veg Roll & Tea	White Rice, Rajma Masala, Chow Chow Koottu, White Rice, Rasam, Curd, Rose Milk, Orange
Thu	4	Dosa, Coconut Chutney, Sambar, Boiled Egg, French Fries (Veg), Milk & Coffee	Butter Bun & Horlicks	Ghee Rice, Veg Khurma, White Rice, Rasam, Butter Milk, Pumpkin Halwa, Fryams	Veg Puffs & Tea	Veg Salad, Chapathi, Dal, White Rice, Veg Koottu, Rasam, Curd, Milk & Water Melon
Fri	5	Pongal, Coconut Chutney, Sambar, Egg Full Boil, Boiled Corn (Veg), Milk & Tea	Cocconut Bun & Tea	Veg Salad, Chapathi, Egg Masala, Chenna Masala, White Rice, Rasam, Vazhakkai Poriyal, Butter Milk, Rasam, Sweet Pongal	Aloo Bonda & Tea	White Rice, Chicken Curry, Meal Maker Masala (Veg), Rasam, Curd, Milk & Pine Apple
Sat	6	Semiya Kitchadi, Red Chutney, Bread, Butter, Jam, Plain Omelette, French Fries (Veg), Milk & Coffee	Chilli Bread & Tea	Parotta, Chicken Curry, Paneer Kofta Curry (Veg), White Rice, Rasam, Butter Milk & Kesari	Boiled Peanut & Tea	Pav Bajji (6 Pcs per head), White Rice, Rasam, Curd, Badam Milk & Banana
Sun	7	Folded Chapathi, Chenna Masala, Boiled Egg, Nendran Banana (Veg), Milk & Tea	Moong Dal & Tea	Chicken Biryani & Chicken Curry, Veg Biryani-Veg Curry-Gobi 65 (Veg), Onion Raitha, White Rice, Butter Milk & Laddu	Doughnut & Tea	Veg Salad, Chapathi, Green Peas Masala, White Rice, Rasam, Curd, Milk & Guava



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MENU - SECOND & FOURTH WEEK

WEEK	DAY	BREAKFAST	M - SNAKCS	LUNCH	E- SNACKS	DINNER
Mon	1	Bread, Butter, Jam, Cornflakes with Milk, Masala Omelette, Nendran Banana (Veg)	Garlic Bread & Tea	Veg Pulav, Egg Masala, Chenna Masala, White Rice, Rasam, Carrot Beans Poriyal, Butter Milk, Appalam, Sago Payasam	Pine Apple Cake & Tea	Veg Salad, Chapathi, Veg Khurma for All, Chicken 65, Gobi 65 (Veg), White Rice, Rasam, Curd, Milk, Banana
Tue	2	Pongal, Coconut Chutney, Sambar, Egg Full Boil, Boiled Corn (Veg), Milk & Tea	Boiled Black Chenna & Bournvita	White Rice, Sambar, Veg Aviyal, Rasam, Butter Milk, Bread Halwa & Appalam	Chocolate Bun & Tea	Egg Noodles, Veg Noodles-Meal Maker 65(Veg), Sauce, White Rice, Rasam, Curd, Milk & Grapes
Wed	3	Wheat Uppuma, Coconut Chutney, Bread, Butter, Jam, Masala Omelette, Cutlet (Veg), Milk & Tea	Jeera Cake & Tea	White Rice, Chicken Curry, Paneer Butter Masala-Poosani Koottu (Veg), Rasam, Butter Milk & Kesari	Coconut Cookies & Tea	Veg Salad, Chapathi, Green Peas Masala, White Rice, Rasam, Curd, Rose Milk, Red Banana
Thu	4	Dosa, Red Chutney, Sambar, Boiled Egg, Boiled Moong Dal (Veg), Milk & Coffee	Pineapple Cake & Horlicks	Bisibelabath, Potato Fry, White Rice, Rasam, Butter Milk, Fryams & Carrot Halwa	Fried Peanut & Tea	Jeera Rice, Dal, White Rice, Gobi 65 for All, Rasam, Curd, Milk & Water Melon
Fri	5	Poha, Black Chenna Curry, Bread, Butter, Jam, Scrambled Egg, Paneer Burji (Veg), Milk & Tea	Sweet Bun & tea	Veg Pulav, Dal Tadka, Potato Masala Dry, White Rice, Rasam, Butter Milk, Vadagam & Pumpkin Halwa	Pepper Roll & Tea	Veg Salad, Chapathi, Mixed Veg Stew, White Rice, Rasam, Curd, Badam Milk & Apple
Sat	6	Idli, Coconut Chutney, Sambar, Plain Omelette, Boiled Corn (Veg), Milk & Coffee	Green Gram with Coconut-Jaggery & Tea	White Rice, Chicken Curry, Meal Maker Masala (Veg), Rasam, Butter Milk & Dal Payasam	Somas (1 Pc per head) with Mint Chutney & Tea	Bhature, Chenna Masala, White Rice, Rasam, Curd, Milk & Pine Apple
Sun	7	Poori, Green Peas Masala, Boiled Egg, Nendran Banana (Veg), Milk & Coffee	Milk Bun & Tea	Mutton Biryani-Mutton Curry, Paneer Biryani with Cashew-Veg Curry (Veg), Onion Raitha, White Rice, Rasam, Butter Milk & Gulab Jamun	Roasted Peanut & Tea	Dosa, Red Chutney, Black Chenna Masala, White Rice, Rasam, Curd, Milk & Water Melon

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