

THE VIKASA SCHOOL, SAWYERPURAM
MESS MENU - FIRST & THIRD WEEK

WEEK	DAY	BREAKFAST	M-SNACKS	LUNCH	E-SNAKCS	DINNER
MON	1	Bread, Butter, Jam, Cornflakes with Milk, Masala Omelette, Corn (veg)	Fruit Cookies & Horlicks, Tea	Tomato Rice, Coconut Thuvaiyal, Carrot & Cabbage Poriyal, white Rice, Paruppu Rasam, Butter Milk, Dal Payasam, Vadagam	Pepper Kari, Tea	Veg Salad, Chappati, Chicken Curry, Paneer Masala (Veg), White Rice, Rasam, Curd, Badam Milk, Apple
TUE	2	Idli, Coconut Chutney, Sambar, Scrambled Egg, Paneer Burji (veg), Milk & Coffee	Vazhakkai Bajji & Bournvita, Tea	White Rice, Green Gram Dal, Keerai Kootu, Rasam, Butter Milk, Appalam, Milk Payasam	Muffins, Nannari Sarbath with Sabja Seeds	Veg Pulav, Chicken Curry, Paneer Muttur Curry (veg), Rasam, Curd, Milk & Pine Apple
WED	3	Rava Kitchadi, Red Chutney, Bread, Butter, Jam, Boiled Egg, Cutlet (veg), Milk & Tea	Vanilla Cake & Tea, Horlicks	Veg Salad, Chettinadu Chicken, Palak Paneer (veg), White Rice, Rasam, Potato Fry, Butter Milk, Kesari	Veg Roll & Tea	Chapathi, White Rice, Rajma Masala, Chow Chow Kootu, White Rice, Rasam, Curd, Curd, Rose Milk, Orange
THU	4	Dosa, Coconut Chutney, Sambar, Boiled Egg, French Fries (Veg), Milk & Coffee	Butter Bun & Boost, Tea	Ghee Rice, Dal, Channa Masala, White Rice, Rasam, Butter Milk, Pumpkin Halwa, Fryams	Veg Puffs & Tea	White Rice, sambar, Rasam, Curd, Pavakkai Poriyal, Milk, Banana
FRI	5	Pongal, Coconut Chutney, Sambar, Egg Full Boil, Boiled Corn (veg), Milk & Tea	Coconut Bun & Horlicks, Tea	Veg Salad, Chapathi, Egg Masala, Meal Maker Masala, White Rice, Rasam, Vazhakkai Poriyal, Butter Milk, Sweet Pongal	Aloo Bonda & Tea, Rasna Juice with Sabja Seeds	Dosa, Coconut Chutney, Green Peas Masala, White Rice, Rasam, Curd, Badam Milk & Guava
SAT	6	Semiya Kitchadi, Red Chutney, Bread, Butter, Jam, Plain Omelette, French Fries (veg), Milk & Coffee	Coconut Cookies & Tea, Boost	Parotta, Chicken curry, Paneer Kofts Curry (veg), White Rice, Rasam, Butter Milk & kesari	Boiled Peanut & Tea	Pav Bajji (6 pcs per head), White Rice, Rasam, Curd, Milk & Banana
SUN	7	Idly, Sambar, Coconut Chutney, Boiled Egg, Cutlet (veg) Milk & Tea	Garlic Bread, Horlicks & Tea	Chicken Briyani & Chicken Curry, Paneer Briyani, Veg Curry, Onion Raitha, White Rice, Butter Milk & Laddu	Aval & Lemon Juice	Veg Salad, Chappati, Veg Kuruma, White Rice, Rasam, Curd, Rose Milk, Water melon

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30/06


SR. PRINCIPAL

THE VIKASA SCHOOL, SAWYERPURAM
MESS MENU - SECOND & FOURTH WEEK

WEEK	DAY	BREAKFAST	M-SNACKS	LUNCH	E-SNAKCS	DINNER
MON	1	Bread, Butter, Jam, Cornflakes with Milk, Masala Omelette, Corn (veg)	Pineapple Cake & Horlicks, Tea	Veg Pulav, Egg Masala, Channa Masala, White Rice, Rasam, Pudlankkai Kootu, Butter Milk, Appalam, Sago Payasam	Coconut Bun & Rasna Juice with Sabja Seeds	Veg Salad, Chappati, Veg kuruma for All, Chicken 65, Gobi 65 (veg), White Rice, Rasam, Curd, Badam Milk, Banana
TUE	2	Pongal, Sambar, Coconut Chutney, Egg Full Boil, French Fries (veg), Milk & Coffee	Boiled Black Channa & Bournvita, Tea	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, Boiled Egg, Cutlet (veg), Milk & Tea	Jeera Cake & Tea, Boost	White Rice, Chicken Curry, Paneer Butter Masala-Poosani Kootu (Veg) Rasam, Butter Milk, Kesari	Coconut Cookies & Tea, Lemon Juice	Veg Salad, Chapathi, Green Peas Masala, White Rice, Rasam, Curd, Rose Milk, Red Banana
THU	4	Dosa, Red Chutney, Sambar, Boiled Egg, Boiled Corn (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 all, Rasam, Curd, Milk, Water melon
FRI	5	Poha, Black Channa Curry, Bread, Butter, Jam, Scrambled Egg, Paneer Burji (veg) Milk & Tea	Sweet Bun & Tea, Boost	Veg Pulav, Dal Tadka, White Rice, Rasam, Butter Milk, Vadakam & Suraikkai Kottu, Pumpkin Halwa	Pepper Roll, Tea	Veg Salad, Chapathi, Chicken Curry, Paneer Mutton Curry, White Rice, Rasam, Curd, Badam Milk & Apple
SAT	6	Idli, Sambar, Coconut Chutney, Plain Omelette, Cutlet (veg), Milk & Coffee	Muffins, Horlicks & Tea	White Rice, Chicken Curry, Meal maker Masala, (veg), Rasam, Butter Milk & Dal Payasam	Somas (1 pc per head) with Mint Chutney & Tea	Bhature, Channa Masala, White Rice, Rasam, Curd, Milk & Apple
SUN	7	Poori, Green Peas Masala, Boiled Egg, Nendran Banana, French Fries (veg) Milk & Tea	Milk Bun & Tea, Boost	Mutton Briyani & Mutton Curry, Paneer Briyani with Cashew, Veg Curry (veg), Onion Raitha, White Rice, Butter Milk & Gulab Jamun	White Channa & Tea	Dosa, Red Chutney, Black Channa Masala White Rice, Rasam, Curd, Rose Milk & Water Melon

Verified
G. Jeyaraj
30/06

H. Jayaram
SR. PRINCIPAL