

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)	Pineapple Cake & Horlicks, Tea	Veg Pulav, Egg Masala, Veg Channa Masala, White Rice, Rasam, Pudlankkai Kootu, Butter Milk, Fryans, Bread Halwa	Coconut Bun & Rasna Juice with Sabja Seeds	Salad, Chappati, Veg kuruma for All, Chicken 65, Mushroom 65 (veg), White Rice, Rasam, Curd, Badam Milk, Pine apple
TUE	2	Pongal, Sambar, Coconut Chutney, Egg Full Boil, French Fries (veg), Milk & Coffee	Boiled Black Channa & Bournvita, Tea	White Rice, Sambar, Kovakkai Peanut Poriyal, Rasam, Butter Milk, Milk Payasam & Appalam	Somas (1 pc per head) with Mint Chutney & 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	Chicken Biryani, Chicken Curry, Mushroom Biryani, Veg Curry, White Rice, Rasam, Butter Milk, Onion Raitha, Carrot Halwa	Coconut Cookies & Tea, Lemon Juice	Salad, Chapathi, Green Peas Masala, White Rice, Potayo Fry, Rasam, Curd, Rose Milk, Red Banana
THU	4	Dosa, Red Chutney, Sambar, Boiled Egg, Boiled Corn (Veg), Milk & Coffee	Boiled Peanut & Horlicks	Bisibelabath, Kara Boondi (one bowl), White Rice, Rasam, Butter Milk, Potato Podimas & Kesari	Choco Bun & Tea	Jeera Rice, Dal, White Rice, Gobi 65 all, Rasam, Curd, Milk, Orange
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 & Bottle Buard Kottu, Beetroot Halwa	Pepper Roll, Tea	Salad, Chapathi, Chicken Curry, Mushroom Masala, White Rice, Rasam, Curd, Badam Milk & Apple
SAT	6	Idli, Sambar, Coconut Chutney, Plain Omelette, Cutlet (veg), Milk & Coffee	Coconut Cookies & Tea, Boost	Parotta, Chicken curry, Paneer Kofts Curry (veg), White Rice, Rasam, Butter Milk & Dal Payasam	Aloo Bonda & Tea, Rasna Juice with Sabja Seeds	Pav Bajji (6 pcs per head), White Rice, Rasam, Curd, Lemon Piece, Onion Piece, Milk & Banana
SUN	7	Poori, Green Peas Masala, Boiled Egg, 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, Coconut Chutney, Sambar, White Rice, Rasam, Curd, Rose Milk & Water Melon

Verified
[Signature]
02/10/19
CAMPUS ADMINISTRATOR

[Signature]
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)	Fruit Cookies & Horlicks,Tea	Tomato Rice,Coconut Thuvaial,Beetrrot Poriyal, wehite Rice,Paruppu Rasam,Butter Milk,Vadagam,Semiya kesari	Pepper Kari,Tea	Salad, Chappati,Chicken Curry,Mushroom 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,Avarakkai Poriyal,Rasam,Butter Milk,Appalam,Milk Payasam	Muffins,Nannari Sarbath with Sabja Seeds	Veg Fried Rice,White Rice,Rasam,Curd,Veg Kadai,Milk & Banana
WED	3	Rava Kitchadi,Coconut Chutney,Bread, Butter,Jam,Boiled Egg,Cutlet (veg),Milk & Tea	Vanilla Cake & Tea,Horlicks	Salad,Chettinadu Chicken, Palak Paneer (veg),White Rice,Rasam,Potato Fry,Butter Milk,Kesari	Veg Puffs & Tea	Chapathi,White Rice, Veg Kuruma, Chow Chow Koottu,White Rice,Rasam,Curd,Rose Milk,Orange
THU	4	Dosa, Red Chutney,Sambar,Boiled Egg,French Fries (Veg),Milk & Coffee	Chocolate Cake & Boost ,Tea	Ghee Rice,,Dal,Channa Masala,White Rice,Rasam,Butter Milk,Bread Halwa,Fryams	Rasna Juice with Sabja seeds,Butter Bun &Tea	White Rice, sambar,Rasam,Curd,Bindi Fry,Milk, Banana
FRI	5	Pongal, Coconut Chutney,Sambar, Boiled Egg, Boiled Corn (veg)Milk & Tea	Garlic Bread, Horlicks & Tea	Salad,Chapathi,Egg Masala,Meal Maker Masala(Veg),White Rice,Rasam,Vazhakkai Poriyal,Butter Milk,Sweet Pongal	Boiled Peanut & Tea	Dosa,Coconut Chutney,Chicken Curry,Mushroom Masala,White Rice,Rasam,Curd,Badam Milk & Pappaya
SAT	6	Semiya Kitchadi,Coconut Chutney,Bread, Butter, Jam, Plain Omelettee, French Fries (veg), Milk & Coffee	Muffins,Horlicks & Tea	White Rice,Chicken Curry,Paneer Masala(veg),Rasam,Butter Milk & Dal Payasam	Doughnut & Tea	Poori,Poori Masala,White Rice,Rasam,Curd,Milk & Banana
SUN	7	Idly,Sambar,Coconut Chutney, Boiled Egg, Cutlet (veg) Milk & Tea	Masala Roll & Horlicks ,Tea	Chicken Briyani & Chicken Curry ,Panneer Briyani, Veg Curry,Onion Raitha,White Rice,Butter Milk,Rasam & Laddu	Aval & Lemon Juice	Salad, Chappati,White Channa Masala,White Rice,Surakkai KoottuRasam,Curd,Rose Milk,Water melon

Verified
CAMPUS ADMINISTRATOR

[Signature]
SR. PRINCIPAL