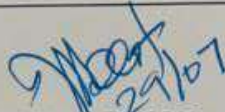


THE VIKASA SCHOOL, SAWYERPURAM
MESS MENU - FIRST & THIRD WEEK

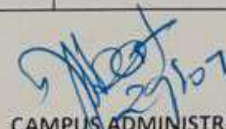
WEEK	DAY	BREAKFAST	M-SNACKS	LUNCH	E-SNAKCS	DINNER
MON	1	Bread, Butter, Jam, Cornflakes with Milk, Masala Omelette, Corn(veg)	Pineapple Cake & Horlicks, Tea	Veg Pulav, Egg Masala, Veg Channa Masala, White Rice, Rasam, Pudlankkai Kootu, Butter Milk, Appalam, Bread Halwa	Coconut Bun & Rasna Juice with Sabja Seeds	Salad, Chappati, Veg kuruma for All, Chicken 65, Gobi 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, Veg Aviyal, 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, Paneer Biryani, Veg Curry, White Rice, Rasam, Butter Milk, Onion Raitha, Carrot Halwa	Coconut Cookies & Tea, Lemon Juice	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	Boiled Peanut & Horlicks	Bisibelabath, Potato Fry, Kara Boondi(one bowl), White Rice, Rasam, Butter Milk, Fryams & 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, Paneer Muttur Curry, 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


CAMPUS ADMINISTRATOR


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 Thuvaiyal, Beetroot Poriyal, white Rice, Paruppu Rasam, Butter Milk, Dal Payasam, Vadagam	Pepper Kari, Tea	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, Avarakkai Poriyal, Rasam, Butter Milk, Appalam, Milk Payasam	Muffins, Nannari Sarbath with Sabja Seeds	Veg Pulav, Dal, Pavakkai Poriyal, Rasam, Curd, 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	Butter Bun & Tea	White Rice, sambar, Rasam, Curd, Bindi Fry, Milk, Banana
FRI	5	Pongal, Coconut Chutney, Sambar, Egg Full Boil, Boiled Corn (veg) Milk & Tea	Garlic Bread, Horlicks & Tea	Salad, Chapathi, Egg Masala, Meal Maker Masala, White Rice, Rasam, Vazhakkai Poriyal, Butter Milk, Sweet Pongal	Boiled Peanut & Tea	Dosa, Chicken Curry, Paneer Muttur Curry, White Rice, Rasam, Curd, Badam Milk & Pappaya
SAT	6	Semiya Kitchadi, Coconut Chutney, Bread, Butter, Jam, Plain Omelette, French Fries (veg), Milk & Coffee	Muffins, Horlicks & Tea	White Rice, Chicken Curry, Paneer Masala (veg), Rasam, Butter Milk & Dal Payasam	Doughnut & Tea	Poori, Channa 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, Paneer Briyani, Veg Curry, Onion Raitha, White Rice, Butter Milk, Rasam & Laddu	Aval & Lemon Juice	Salad, Chappati, Rajma Masala, White Rice, Surakkai Koottu, Rasam, Curd, Rose Milk, Water melon


CAMPUS ADMINISTRATOR


SR. PRINCIPAL