

Feb 2025			MENU CYCLE 1				
DAY	W/D	Breakfast	Mini Breakfast (Whole School)	MidMorning Hostel	Lunch	Evn.Snack	Dinner
Monday	Egg +Milk	Palappam	Boiled egg	Pav bun	Red rice	Chicken burger	Veg Pulao
		Veg curry			Sambar	Veg-burger	Chicken Roast
		Lime juice	Banana (robusta)		Avial	Juice	Mix Veg Curry
					Pappad	(One number)	
			Lime juice		Pickle		Fruits
		Kheer					
Tuesday	Egg +Milk	DOSA	Idily , chutney	Kozhukatta	Ghee rice	Uzhunnu vada	Chappathi
		Sambar			Chicken roast		Chicken curry
		Chutney			MIXED VEG CURRY	Juice	Veg-khorma
		Lime juice	Pappad / pickle		(2 number)		
						TART	
		Lime juice		Gulab jamun			
Wednesday	Milk	Idiappam	Veg sandwich	Bun parotta (frutti roll)	Egg noodle	Chicken puff rolls	White plain rice/dal curry
		Kadala curry			Veg noodle	Veg puff roll	Beef fry
		Lime juice			Tomato sauce	Lime Juice	Paneer dry item
			Sezhawan sauce		(2 number)	Banana	
		Lime juice		Fruit			
Thursday	Egg +Milk	Bread	Vada	Samosa	Fish ball biriyani		Chappathi
		Butter/Jam	Chutney		veg & panner biriyani		White Channa
		Cornflakes	Lime juice		Kachumber / pickle	Chicken roll / VEG	Raitha
		Hot milk				Lime Juice	CARMEL CUSTARD
		Lime juice					Fruits
Friday	Egg +Milk	IDILY	Ellada	Cream bun	Red rice	Chilly chicken puff roll	Paal appam
		Sambar/chutney			Moru curry		Chicken curry
		Lime juice			Thoran	(One number)	Veg curry
			Papad pickle		Chilly paneer roll	Pinapple	
					Fruit	(One number)	
Saturday	Milk	Poori		Ullivada	Ghee rice	Pizza	Cream of tomato soup
		Potato masala			Chicken roast (3 pc)	Juice	Garlic bread
		Lime juice			Veg masala	(1 number)	Crumb fried chicken/veg
					Trifle pudding		Roasted potatoes & Paneer cutlets
							Banana (robusta)
Sunday	Milk	Masala Dosa		Allo baji	Veg pulao, Beef vindaloo	Aloo tikki chaat	Kerala parotta
		Sambar + Chutney			Veg vindaloo	Juice	Paneer butter masala
		Lime juice			Pickle,Dessert		Butter chicken
							Veg Salad
							Ice cream

Feb 2025				MENU CYCLE 2			
DAY	W/D	Breakfast	Mini Breakfast (Whole School)	MidMorning Hostel	Lunch	Evn.Snack	Dinner
Monday	Egg +Milk	Idli	Pathiri	Pathiri	Boiled rice	Chicken puffs	Veg Pulao
		Sambar			Fish curry / sambar	Paneer Puff Roll	Chicken Curry
		Chutney			Thorán	Juice	Shredded veg with paneer
		Lime juice	Lime juice		Pappad/pickle		Pinapple
					Kheer		
Tuesday	Milk	Puttu	Kozhukatta	Kozhukatta	Chappathi	Muffins	WHEAT Kerala parotta
		Kadala curry			Egg curry		Beef curry ,
		Lime juice	Lime juice		Panner mutter	Juice	Paneer Curry
					Raitha , pappad , kesari	(Two number)	PASTRIES
Wednesday	Egg +Milk	Thattu dosa	Veg sandwich	Veg sandwich	Boiled rice	Chicken Hot Dog Roll	Chappathi
		Sambar			Moru curry	Juice	PANEER & GREEN PEAS CURRY
		Chutney			Thorán or erissery	(2 number)	
		Lime juice	Lime juice		Pickle pappad		Trifle pudding
					Fruits		
Thursday	Milk	Bread,Butter	Dosa Chutney	Cream bun	Chicken dum biriyani	Chicken spring roll	Pathiri
		Jam			Veg dum biriyani	Paneer Spring Rolll	Mixed veg curry
		EGG SCRAMBLED			Raitha	Juice	Chicken curry
		Hot milk	Lime juice		Pickle pappad		FRUITS
		Lime juice			Gulab jamun		
Friday	Milk	Uthappam	Bun Butter Jam	Bun Butter Jam	Kanji	CHICKEN SAMOSA	Chappathi
		Sambar/chutney			Green Gram	VEG SAMOSA	Mixed dal
		Lime juice	Lime Juice		chuntey, pickle Pappad	Juice	Semi Fried Veg
					Cake		Watermelon
Saturday	Egg +Milk	Masala dosa		Potato bajji		MAGGI	Boiled VEG (CORN & SPINACH) white sauce
		Sambar			Veg biriyani	Juice	Bread
		Chutney			Raita,pickle,pappad		Meat Cutlet / Veg Cutlets
		Lime juice			Fruits		Bananna
Sunday	Milk	Bombay Toast		Biscuit	Lime rice	Onion Pakkoda	Pasta
					Pepper chicken masala	Juice	Minced meat in red sauce
		Lime juice			Kadai paneer		Cole slaw
					Pappad,pickle		Desert
					Caramel custard		

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MENU CYCLE 3

DAY	W/D	Breakfast	Mini Breakfast (Whole School)	MidMorning Hostel	Lunch	Evn.Snack	Dinner
Monday	Egg +Milk	Palappam	Boiled banana	Boiled banana	Egg fried rice	Chicken burger	Chappathi
		Veg curry			Veg fried rice	Veg-burger	Chicken curry
		Lime juice	Lime juice		Veg manchurian / Fish manchurian	Juice	Veg-khorma
					Sauce (separate)	(One number)	TART
					Fruit		
Tuesday	Egg +Milk	Idily	Idily	Samosa	Red rice	Chicken puff rolls	Veg Pulao
		Sambar			Sambar	VEG PUFF ROLL	Chicken Roast
		Chutney	Lime juice		Erissery	Lime Juice	Mix Veg Curry
		Lime juice			Papad / pickle		
					Payasam		Fruits
Wednesday	Milk	Idiappam	Pav bun	Bun parotta (frutti roll)	Chappathi		White plain rice/dal curry
		Kadala curry			Aloo mattar	UZHUNNU VADA	Beef fry
		Lime juice	Lime juice		Kachumber salad/ raita	Lime Juice	Paneer dry item
					Gulab jamun		Banana
Thursday	Egg +Milk	Bread	Vada	Vada	Boiled rice	Hot Dog CHICKEN ROLL	Chappathi
		Butter/Jam			Chicken curry / DHAL CURRY	Juice	White Channa
		Cornflakes	Chutney		Raita		Raitha
		Hot milk	Lime juice		Pickle , pappad		MINICHOCOLATE DRY Cake
		Lime juice			Fruit		
Friday	Egg +Milk	Thattu dosa	Veg sandwich	Veg sandwich	Egg noodles	Chilly chicken puff roll	Paal appam
		Sambar/chutney			Veg noodles		Chicken curry
		Lime juice	Tomato sauce		(One number)	Veg curry	
			Sezhwan sauce		Chilly paneer roll	Pinapple	
			Cake		(One number)		
Saturday	Milk	Poori	Ullivada	Ghee rice	Pizza	Cream of tomato soup	
		Potato masala		Chicken roast (3 pc)	Juice	Garlic bread	
		Lime juice		Veg masala	(1 number)	Crumb fried chicken/veg	
				Trifle pudding		Roasted potatoes & Paneer cutlets	
						Banana (robusta)	
Sunday	Milk	Masala Dosa	Allo bajji	Veg pulao, Beef vindaloo	Aloo tikki chaat	Kerala parotta	
		Sambar + Chutney		Veg vindaloo	Juice	Paneer butter masala	
		Lime juice		Pickle,Dessert		Butter chicken	
						Veg Salad	
						Ice cream	

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MENU CYCLE 4

DAY	W/D	Breakfast	Mini Breakfast (Whole School)	MidMorning Hostel	Lunch	Evn.Snack	Dinner
Monday	Egg +Milk	Idli	Bun butter jam	Bun butter and jam	White rice	Chicken puffs	Veg Pulao
		Sambar			Dal curry	Paneer Puff Roll	Chicken Curry
		Chutney			Crispy fried veg	Juice	Shredded veg with paneer
		Lime juice	Pappad/pickle			Pinapple	
			Kheer				
Tuesday	Milk	Puttu	Cutlet	Veg cutlet	Chicken biriyani	Muffins	Chappathi
		Kadala curry	Lime juice		Veg.biriyani & dal chaval		Paneer & Green Peas Curry
		Lime juice			Raita,pappad	Juice	
					Cut fruits	(Two number)	Trifle pudding
Wednesday	Egg + Milk	Thattu dosa	Dosa chutney	Vada	Tomato rice	Chicken Hot Dog Roll	Kerala parotta (Wheat)
		Sambar			Aloo fry sabji (dry)	Juice	Beef curry ,
		Chutney			Raitha	(1 number)	Paneer Curry
		Lime juice	Pickle			PASTRIES	
			Banana				
Thursday	Milk	Bread,Butter	Veg sandwich	Veg sandwich	Chappathi	Chicken spring roll	Pathiri
		Jam			White channa curry	Paneer Spring Rolll	Mixed veg curry
		EGG SCRAMBLED			Kachumber	Juice	Chicken curry
		Hot milk	Lime juice			FRUITS	
		Lime juice			Cake		
Friday	EGG +Milk	Uthappam	Ela ada	Ela ada	Boiled rice	Chicken samosa	Chappathi
		Sambar/chutney	Lime juice		Fish curry / morru curry	Veg Samoosa	Mixed dal
		Lime juice			Thoran /pickle/ pappad	Juice	Semi Fried Veg
					Keseri	One Number	Watermelon
Saturday	Egg +Milk	Masala dosa		Potato bajji	Chicken dum biriyani	MAGGI	Boiled VEG (CORN & SPINACH) white sauce
		Sambar			Veg biriyani	Juice	Bread
		Chutney			Raita,pickle,pappad		Meat Cutlet / Veg Cutlets
		Lime juice			Fruits		Bananna
Sunday	Milk	Bombay Toast		Biscuit	Lime rice	Onion Pakkoda	Pasta
					Pepper chicken masala	Juice	Minced meat in red sauce
		Lime juice			Kadai paneer		Cole slaw
					Pappad,pickle		Desert
					Caramel custard		