

Nov 2024			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	Dosa , 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	
						Fruit	
Thursday	Egg +Milk	Bread	Vada	Samosa	Fish ball biriyani		Chappathi
		Butter/Jam	Chutney		Paneer biriyani	Chicken roll / VEG	White Channa
		Cornflakes	Lime juice		Kachumber / pickle	Lime Juice	Raitha
		Hot milk					CARMEL CUSTARD
		Lime juice			Fruits		
Friday	Egg +Milk	IDILY	Idily	Cream bun	Red rice	Chilly chicken puff roll	Paal appam
		Sambar/chutney			Moru curry		Chicken curry
		Lime juice			Thoran	(One number)	Veg curry
			Lime juice		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

Nov 2024			MENU CYCLE 2				
DAY	W/D	Breakfast	Mini Breakfast (Whole School)	MidMorning Hostel	Lunch	Evn.Snack	Dinner
Monday	Egg +Milk	Idli	Kozhukatta	Kozhukatta	Boiled rice	Chicken puffs	Veg Pulao
		Sambar			Fish curry / sambar	Paneer Puff Roll	Chicken Curry
		Chutney			Thoran	Juice	Shredded veg with paneer
		Lime juice	Pappad/pickle			Pinapple	
			Kheer				
Tuesday	Milk	Puttu	Pathiri	Pithiri	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			Thoran or erissery	(2 number)	
		Lime juice	Pickle pappad			Trifle pudding	
			Fruits				
Thursday	Milk	Bread,Butter	Dosa	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	Pickle pappad			FRUITS	
		Lime juice	Lime juice		Gulab jamun		
Friday	Milk	Uthappam	Bun Butter Jam	Bun Butter Jam	Lemon rice	CHICKEN SAMOSA	Chappathi
		Sambar/chutney			Veg poriyal	VEG SAMOSA	Mixed dal
		Lime juice	Lime Juice		Tomato chuntesy	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		

Nov 2024			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			Veg manchurian	Juice	Veg-khorma
					Sauce (separate)	(One number)	TART
			Lime juice			Fruit	
Tuesday	Egg +Milk	Idily	Idily	Samosa	Red rice	Chicken puff rolls	Veg Pulao
		Sambar			Sambar	VEG PUFF ROLL	Chicken Roast
		Chutney			Erissery	Lime Juice	Mix Veg Curry
		Lime juice			Papad / pickle		
			Lime juice		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			Kachumber salad/ raita	Lime Juice	Paneer dry item
							Banana
			Lime juice		Gulab jamun		
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			Pickle , pappad		MINICHOCOLATE DRY Cake
		Lime juice	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
			Lime juice		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 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

Nov 2024			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	Lime juice		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			Veg.biriyani & dal chaval		Paneer & Green Peas Curry
		Lime juice	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	
					Lime juice	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	Lime juice		Kachumber	Juice	Chicken curry
		Hot milk					FRUITS
		Lime juice			Cake		
Friday	EGG +Milk	Uthappam	Ela ada	Ela ada	Boiled rice	Chicken samosa	Chappathi
		Sambar/chutney			Fish curry / morru curry	Veg Samoosa	Mixed dal
		Lime juice	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		