

CYCLE 1

| DAY | Mini Breakfast (Whole School) | Lunch |
|------------|----------------------------------|--------------------|
| Monday | Boiled egg | Red rice |
| | Banana (robusta) | Sambar |
| | | Avial |
| | | Pappad |
| Lime juice | Pickle | |
| Tuesday | Dosa , chutney | Ghee rice |
| | | Chicken roast |
| | | MIXED VEG CURRY |
| | Lime juice | Pappad / pickle |
| | | Gulab jamun |
| Wednesday | Veg sandwich | Egg noodle |
| | | Veg noodle |
| | | Tomato sauce |
| | Lime juice | Sezhawan sauce |
| | | Fruit |
| Thursday | Vada | Fish ball biriyani |
| | Chutney | Paneer biriyani |
| | | Kachumber / pickle |
| | | Fruits |
| Friday | Idily | Red rice |
| | | Moru curry |
| | | Thoran |
| | | Papad pickle |
| | Lime juice | Fruit |

CYCLE 2

| DAY | Mini Breakfast (Whole School) | Lunch |
|-----------|----------------------------------|--------------------------|
| Monday | Kozhukatta | Boiled rice |
| | | Fish curry / sambar |
| | | Thoran |
| | Lime juice | Pappad/pickle |
| | | Kheer |
| Tuesday | Pathiri | Chappathi |
| | | Egg curry |
| | Lime juice | Panner mutter |
| | | Raitha , pappad , kesari |
| Wednesday | Veg sandwich | Boiled rice |
| | | Moru curry |
| | | Thoran or erissery |
| | Lime juice | Pickle pappad |
| | | Fruits |
| Thursday | Dosa | Chicken dum biriyani |
| | | Veg dum biriyani |
| | | Raitha |
| | Lime juice | Pickle pappad |
| | | Gulab jamun |
| Friday | Bun Butter Jam | Lemon rice |
| | | Veg poriyal |
| | Lime Juice | Tomato chuntesy |
| | | Cake |

CYCLE 3

| DAY | Mini Breakfast (Whole School) | Lunch |
|-----------|----------------------------------|----------------------------|
| Monday | Boiled banana | Egg fried rice |
| | | Veg fried rice |
| | Lime juice | Veg manchurian |
| | | Sauce (separate) |
| Tuesday | Idily | Red rice |
| | | Sambar |
| | | Erissery |
| | Lime juice | Papad / pickle |
| | | Payasam |
| Wednesday | Pav bun | Chappathi |
| | | Aloo mattar |
| | | Kachumber salad/ raita |
| | Gulab jamun | |
| Thursday | Vada | Boiled rice |
| | | Chicken curry / DHAL CURRY |
| | Chutney | Raita |
| | Lime juice | Pickle , pappad |
| | | Fruit |
| Friday | Veg sandwich | Egg noodles |
| | | Veg noodles |
| | | Tomato sauce |
| | Lime juice | Sezhwan sauce |
| | | Cake |

CYCLE 4

| DAY | Mini Breakfast (Whole School) | Lunch |
|-----------|----------------------------------|---------------------------|
| Monday | Bun butter jam | White rice |
| | | Dal curry |
| | | Crispy fried veg |
| | Lime juice | Pappad/pickle |
| | | Kheer |
| Tuesday | Cutlet | Chicken biriyani |
| | | Veg.biriyani & dal chaval |
| | Lime juice | Raita,pappad |
| | | Cut fruits |
| Wednesday | Dosa chutney | Tomato rice |
| | | Aloo fry sabji (dry) |
| | | Raitha |
| | Lime juice | Pickle |
| | | Banana |
| Thursday | Veg sandwich | Chappathi |
| | | White channa curry |
| | | Kachumber |
| | | Cake |
| Friday | Ela ada | Boiled rice |
| | | Fish curry / morru curry |
| | Lime juice | Thoran /pickle/ pappad |
| | | Keseri |