

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)	Fruit Cookies & Horlicks,Tea	Tomato Rice,Coconut Thuvaial,Beetroot Poriyal, White 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,More Kulambu,Avarakkai Poriyal,Rasam,Butter Milk,Appalam,Milk Payasam	Muffins,Nannari Sarbath with Sabja Seeds	Veg Fried Rice,White Rice,Rasam,Curd,Veg Manchurian,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	Butter Bun & Boost ,Tea	White Rice,Dal,Channa Masala,Rasam,Butter Milk,Bread Halwa,Fryams	Paruppu Vadai &Tea	White Rice, sambar,Rasam,Curd,Bindi Fry,Milk, Banana
FRI	5	Pongal, Coconut Chutney,Sambar,Bread,Butter,Jam,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	Rasna Juice Sabja Seeds,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 Koottu,Rasam,Curd,Rose Milk,Banana

verified

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)	Pineapple Cake & Horlicks, Tea	White Rice, Sambar,Kovakkai Peanut Poriyal,Rasam,Butter Milk,Milk Payasam & Appalam	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	Idli,Sambar,Coconut Chutney,Bolied Egg,Cutlet (veg), Milk & Coffee	Boiled Black Channa & Bournvita, Tea	Veg Pulav,White Channa Masala(for all),White Rice,Rasam,Pudlankkai Kootu,Butter Milk,Fryams,Bread Halwa	Somas (1 pc per head) with Mint Chutney& Tea	Egg Noodles, Veg Noodles,Veg Manchuiran instead of sauce),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,Potato 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	Pepper Roll& 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	Butter Bun & Tea, Boost	White Rice,Mullanki Sambar,Keerai Kottu,Rasam,Butter Milk,Vadakam & Bottle Guard Kottu, Beetroot Halwa	Boiled Moong Dal,Tea	Salad,Chapathi,Chicken Curry, Mushroom Masala,White Rice,Rasam,Curd,Badam Milk & Apple
SAT	6	Pongal,Sambar,Coconut Chutney,Egg Full Boil,French Fries (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 & Red Banana

Verified
05/10/26
CAMPUS ADMINISTRATOR

SR. PRINCIPAL