



SNS academy

a fingerprint school
An International CBSE School



MENU FOR ODD WEEK

DAYS	BREAKFAST	MID MORNING	LUNCH	EVENING
MONDAY	Methi Paratha, Vegetable Kadai	Ragi Malt	White Rice, Sambhar, Rasam, Curd, Poriyal	French Fries, Lemon Juice
TUESDAY	Wheat Dosa, Tomato Baaji, Coconut Chutney	Musk Melon Juice	Lemon Rice, Curd Rice, Poriyal, Payasam, Appalam	Boiled Sweet Corn, Milk
WEDNESDAY	Idly Uppma, Tomato Chutney, Coconut Chutney	Carrot Juice	Veg. Biryani, Raitha, Khurma White Rice, Rasam	Veg Sandwich, Milk
THURSDAY	Kambu Dosai, Sambhar, Chutney	Horlicks	White Rice, Rasam, Curd, Sprouts Gravy, Chappathi, Poriyal	Soya Channa Vadai, Lemon Juice
FRIDAY	Onion Carrot Oothappam Sambhar, Chutney	Seasonal Fresh Juice	Veg. Noodles, Veg Manchurian White Rice, Rasam, Curd, Poriyal	Tacos Hot Chocolate
SATURDAY	Adai Dosai, Kara Chutney, Tomato Baaji	Carrot Juice	Chappathi, Paneer Butter Masala, Rice, Rasam	Milk, Biscuits

MENU FOR EVEN WEEK

DAYS	BREAKFAST	MID MORNING	LUNCH	EVENING
MONDAY	Jam Sandwich (Wheat bread), Uppma, Curd, Chutney	Horlicks	Chappathi, Veg. Khurma, Rice, Rasam, Curd	Cutlet, Lemon Juice
TUESDAY	Masal Roast, Sambhar, Chutney	Musk Melon Juice	Soya Biryani, Rice, Rasam, Raitha, Payasam, Poriyal	Ulundhu Vadai, Milk
WEDNESDAY	Methi Chappathi, Green Peas Masala	Ragi malt	White Rice, Rasam, Sambhar, Curd, Poriyal	White Sundal, Milk
THURSDAY	Rava Idly, Chutney, Sambhar	Seasonal fresh juice	Wheat Paratha, Panner Butter Masala, Kuska, White Rice, Rasam	Biscuits, Milk
FRIDAY	Ragi Dosa, Onion Chutney, Tomato Chutney	Hot Chocolate	Fried Rice, Veg Manchurian, Rice, Rasam, Butter milk	Pasta, Lemon Juice
SATURDAY	Oothappam, Sambhar, Chutney	Carrot Juice	Chappathi, Veg Kofta Masala, Curd Rice, Poriyal	Veg Puffs, Milk