



# VISWABHARATHI WISEWOODS SCHOOL

## FOOD MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk with Bournvita, Idli, Jeera-Rice/Palak-Rice, Chutney, Ghee	Milk with Bournvita, Idli, Upma/Uthappa, Chutney, Ghee	Milk with Bournvita, Idli, Chapathi/Puri, Potato Curry, Ghee	Milk with Bournvita, Idli-Sambar, Puliogare, Curd Chutney, Ghee	Milk with Bournvita, Idli, Bajji/Punugu, Chutney, Ghee	Milk with Bournvita, Idli, Dosa, Ginger Chutney, Ghee	Milk with Bournvita, Idli, Bread with Jam, Chutney, Ghee
LUNCH	Rice, Dal-Leafy Vegetables, Cluster Beans, Yellow Cucumber Pickle, Rasam, Ghee, Curd	Rice, Dal-Tomato, Potato Curry, Bottle Guard Pickle, Rasam, Ghee, Curd	Rice, Dal-Leafy Vegetables, Meal Maker Curry, Tindoora Pickle, Rasam, Ghee, Curd	Rice, Dal-Bottle Gourd, Suran (Kandha) Curry, Gongura Pickle, Rasam, Papad Ghee, Curd	Rice, Dal-Leafy Vegetables, Carrot/Beetroot Curry, Tomato Pickle, Rasam, Ghee, Curd	Rice, Dal-Yellow Cucumber, Cabbage Curry, Brinjal Pickle, Rasam, Ghee, Curd	<u>Non-Veg</u> Rice, Chicken Curry/ Dum-Biryani, Chicken Soup, Curd <u>Veg</u> Sweet, Veg-Biryani, Veg Soup, Fry Curry, Curd
EVENING SNACK	Milk with Bournvita, Cornflakes/Plane Cake, Papaya	Milk with Bournvita, Semiya Puliogare/Bun, Apple	Milk with Bournvita, Cupcake / Uggani / Palli Pakodi, Orange	Milk with Bournvita, Payasam / Sandwich / Vampusa, Guvva	Milk with Bournvita, Samosa / Boondi / Bakery Buscuit, Watermelon	Milk with Bournvita, Noodles/Curry Puff, Banana	Biscuits
DINNER	Rice, Cabbage Curry, Boil Egg with Onion Curry Sambar, Ghee, Curd	Rice, Tindora Curry, Sambar, Ghee, Curd	Rice, Fried Egg with Onion Curry, Beatroot/Carrot Fry, Sambar, Ghee, Curd	Rice, Banana Curry, Sambar, Ghee, Curd	Rice, Egg Burji, Bottle Gourd Curry, Sambar, Ghee, Curd	Rice, LadiesFinger Fry, Sambar, Ghee, Curd	Rice, Yellow Cucumber /Bottle Guard Curry, Sambar, Ghee, Curd

**Note : Menu is subject to change depending on availability of fresh food items.**