

December 6-10

	Breakfast	Lunch	Evening Snacks
Monday	Puttu Kadala, Bornvita with milk	Rice, Sambar, Payar mezhukkupuratti, Soya masala curry, Rasam & Semia payasam	Boost with Uzhunnu vada
Tuesday	Dosa, Tomatto chutney, Coconut chutney, Milk with Oats	Ghee rice, Chicken curry, Paneer butter masala, Onion salad	Pineapple/Water melon juice
Wednesday	Poori masala, Milk with bornvita	Rice, Pulisseri, Egg omlet, Beetroot thoran, Puli inchi, Wheat payasam	Boost with Paripp Vada
Thursday	Kerala Parotta, Egg roast, Milk with cornflakes	Rice, Kachiya moru, Fish fry, Greengram thoran	Horlicks, Bread butter jam.
Friday	Idli, Coconut chutney, Sambar, Milk with cornflakes	Rice, Sambar, Vanpayar thoran, Avial, Pappad, Butter milk	Boost with Veg bonda
Saturday	Holiday		