

Aura Global Schools- PMNA (Food Menu)			
March 10-15			
	Breakfast	Lunch	Evening Snacks
Monday	Puttu Kadala, Bornvita with milk	Rice, Sambar, Vanpayar thoran, Masala curry, Pappad & Semia payasam	Horlicks with Kaya baji
Tuesday	Dosa, Coconut chutney, Tomatto chutney, Bornvita with milk	Ghee rice, Chicken curry, Paneer butter masala, Onion salad	Water melon juice/ Pineapple juice
Wednesday	Appam, Egg curry, Milk with cornflakes	Rice, Paripp/Tomato curry ,Vendakka thoran/Kaya thoran, Avial, Pappad.	Boost with Uzhunnu vada
Thursday	Poori masala, Milk with bornvita	Rice, Fish type veg curry , Egg omlet, Payar mezhukkupuratti, Curd	Horlicks with Bread butter jam
Friday	Egg Noodles, Sausage, Cornflakes with milk	Rice, Sambar, greengram thoran, Erisseri, Pappad, Rava kesari.	Boost with Ela ada
Saturday	Rava/Semia Uppuma, Coconut chutney	Rice, Fish curry, Kachiya moru, Cabbage/Carrot thoran	Boost with Good day cashew biscuits