

**THE INDIAN PUBLIC SCHOOL
HOSTEL MESS MENU 1
WEEK - 1**

WEEK DAYS	WAKE UP DRINK	BREAK FAST	BRUNCH DRINK	LUNCH	EVENING REFRESHMENT	SUPPER
SUNDAY		THOSAI, COCONUT CHUTNEY, SAMBAR, HORLICKS	MILK	CHICKEN BRIYANI, VEG BRIYANI, ONION CUCUMBER RAITHA, CHICKEN, VEG GREAVY.	AVAL UPPUMA, ICE CREAM	CHICKEN GRAVY, CHAPPATHI, VEG GRAVY, FRUIT, BADAM MILK.
MONDAY	HEALTH MIX	TOASTED BREAD JAM, EGG, MAGI NOODLES.	MILK	WHITE RICE, VEG SAMBAR, PARUPU RASAM, CURD, KOOTU	POP CORN, CAKE, JUICE	CHENNA MASALA, CHOLA POORI, CURD SEMIYA, VEG SOUP, FRUIT.
TUESDAY	BADHAM MILK	IDLY, CHILLY IDLY, PODINA CHUTNEY, PARUPPU SAMBAR, SPROUTS.	MILK	MACRONI NOODLES, TOMATO SAUCE, TOMATO RICE, PORIYAL, FRUIT PUDDING	BOILED GROUND NUT, BALL JAGREY, JUICE	SANTHAVAI, COCONUT MILK, TOMATO SANTHAVAI, FRUIT SALAD.
WEDNESDAY	BORN VITA	TOASTED BREAD JAM, PONGAL, ONION SAMBAR, VADA,KARA CHUTRNEY	MILK	FRIED RICE, TOMATO SAUCE, CURD RICE, CHAPPATHI, VEG GURUMA, PORIAL	VEG CUTLET, SAUCE, JUICE	NAAN , CHICKEN GRAVY, MUSHROOM GRAVY, BADAM MILK.
THURSDAY	OATES	POORI, POTATO GRAVY, COCONUT CHUTNEY	MILK	TAMARIND RICE, CHIPS, CURD RICE, CHAPPATHI, MEAL MAKER GRAVY, BANANA.	MACRONI NOODLES, JUICE	EGG NOODLES, VEG NOODLES, TOMATO SAUCE, BADAM MILK.
FRIDAY	CORN FLAKES	TOASTED BREAD JAM, WHEAT RAVA UPPUMA, ONION TOMATO GRAVY, OMBLET	MILK	WHITE RICE, MIXED VEG SAMBAR, VEG PORIYAL, GRALIC RASAM, CURD, FRUIT PUDDING	PHEL PURI, JUICE	OOTHAPPAM, GROUND NUT CHUTNEY, PUMPKIN RED ONION SAMBAR, FRUIT.
SATURDAY	BADHAM MILK	CHAKKARAI PONGAL, VEN PONGAL AND CHUTNEY	MILK	VEG NOODLES, TOMATO SAUCE, CHAPPATHI, PEAS MASALA, PORIYAL CURD RICE	VEG PUFFS, JUICE	IDLY, KUZHI PANIYARAM, KADALAI CHUTNEY, TOMATO ONION SAMBAR, VEG SOUP, FRUIT.

**THE INDIAN PUBLIC SCHOOL
HOSTEL MESS MENU
WEEK 2**

WEEK DAYS	WAKE UP DRINK	BREAK FAST	BRUNCH DRINK	LUNCH	EVENING REFRESHMENT	SUPPER
SUNDAY		DOSAI / PODI DOSA, COCONUT CHUTNEY, SAMBAR, HORLICKS.	MILK	WHITE RICE, CHICKEN & VEG GRAVY, CHICKEN FRY OR CHICKEN 65, MUSROOM FRY, RASAM, CURD.	BISCUITS, ICE CREAM	CHAPPATHI, DHAL CURRY, BADAM MILK
MONDAY	BADAM MILK	PONGAL, SAMBAR, CORN FLAKES, MILK, SPROUTS.	MILK	LEMON RICE, CURD RICE, CHAPPATHI, PARUPPU THUVIYAL, VEG KHURUMA, PORIYAL	BAJJI, COCONUT CHUTNEY, JUICE	VEG AND EGG NOODLES, CUSTARD MILK WITH FRUITS
TUESDAY	BOURN VITA	BREAD JAM, THOSA, TOMATO CHUTNEY, SAMBAR, EGG PORIYAL	MILK	DHALL RICE, CHAPPATHI, PORIYAL ,CURD RICE, BRINJAL PoTATO CURRY, FRUIT PUDDING	JUICE, VEG PUFFS	TOMATO SANTHAVAI, LEMON SANTHAVAI, BANANA
WEDNESDAY	BOURN VITA	MINI IDLEY, IDLY, CHUTTNEY, SAMBAR, EGG PORIYAL	MILK	VEG BRIYANI OR PULAVO, ONION RAITHA, CURD RICE, MACRONI NOODLES, TOMATO SAUCE PORIYAL	JUICE, SUNDAL	PAROTA, CHICKEN & VEG GREAVY, BADAM MILK
THURSDAY	BOOST	SEMIYA KICHADI, COCONUT CHUTNEY, TOASTED BREAD, OMLET	MILK	TAMARIND RICE, CHIPS, VEG GRAVY, CURD RICE, CHAPPATHI,	JUICE, URAD DHALL VADAI CHUTNEY	CHOLA POORI, POTATO MASALA, CURD SEMIYA, BATHAM MILK.
FRIDAY	HEALTH MIX	WHEAT RAVA UPPUMA, RAGI THOSAI, TOMATO CURRY	MILK	WHITE RICE, SAMBAR, AVIYAL, RASAM, MASALA BUTTER MILK, PAYASAM	JUICE, MACROONI NOOD	CHAPPATHI, MUSHROOM GRAVY, BANANA
SATURDAY	HORLICKS	POORI, TOMATO CHUTNEY, SAMBAR.	MILK	VEG NOODLES, TOMATO SAUCE, CHAPPATHI, PEAS MASALA, PORIYAL, CURD RICE, BANANA.	JUICE, VEG CUTLET, SAUCE	DOSA, PUMPKIN SAMBAR, CHUTNEY, BANANA.

**THE INDIAN PUBLIC SCHOOL
HOSTEL MESS MENU
WEEK 3**

WEEK DAYS	WAKE UP DRINK	BREAK FAST	BRUNCH DRINK	LUNCH	EVENING REFRESHMENT	SUPPER
SUNDAY		Oothappam, Onion Thosa Coconut Chutney, Sambar Horlicks.	MILK	CHICKEN BRIYANI, VEG BRIYANI, ONION CUCUMBER RAITHA, CHICKEN GRAVY, VEG GRAVY. ICE CREAM	BREAD JAM, ICE CREAM	IDLY, CHUTNEY, VEG GRAVY, BADAM MILK.
MONDAY	HEALTH MIX	Rava Kichadi, Bread Toast, Ja	MILK	WHITE RICE, VEG SAMBAR, PARUPU RASAM, CURD, KOOTU	CAKE , JUICE	CHANNA MASALA, CHOLA POORI, CURD SEMIYA, VEG SOUP, BANANA.
TUESDAY	BADHAM MILK	Idly, Paniyaram, Podina Chutney Paruppu Sambar.	MILK	MACRONI NOODLES, TOMATO SAUCE, TOMATO RICE, CURD RICE,PORIYAL, FRUIT PUDDING	BOIID GROUND NUT, BALL JAGREY, JUICE	CHAPPATHI, VEG KURUMA, BANANA
WEDNESDAY	BOURNVIT A	Podi Dosa, Onion Sambar, Bread Toast sprouts, Egg	MILK	FRIED RICE, TOMATO SAUCE,CURD RICE, CHAPPATHI, VEG KURUMA, PORIAL	JUICE, VEG CUTLET, SAUCE	NAAN, MUSHROOM GRAVY, CHICKEN KURUMA, PATHAM MILK.
THURSDAY	OATS	Poori, Potato gravy, coconut chutney.	MILK	TAMARIND RICE, CHIPS, CURD RICE, CHAPPATHI, MEAL MAKER GRAVY, BANANA.	MAGI NOODLES, JUICE	IDLY, FRIED IDLY, GROUNDNUT CHUTNEY, PUMPKIN ONION SAMBAR, BANANA.
FRIDAY	CORN FLAKES	Bread Toast Jam, Wheat Rava Uppuma Onion Tomato Gravy, Egg	MILK	WHITE RICE, MIXED VEG SAMBAR, VEG PORIYAL, GARLIC RASAM, CURD, FRUIT PUDDING	VEG PUFFS	CHAPPATHI, EGG KURUMA< PANNER BUTTER MASALA, BATHAM MILK.
SATURDAY	BADHAM MILK	Chakkarai Pongal, Ven Pongal, Chutney	MILK	VEG NOODLES, TOMATO SAUCE, CHAPPATHI, PEAS MASALA, CURD RICE	BISCUITS, JUICE	IDLY, KUZHI PANIYARAM, KADALAI CHUTNEY, TOMATO ONION SAMBAR, FRUIT SALAD.

**THE INDIAN PUBLIC SCHOOL
HOSTEL MESS MENU
WEEK - 4**

	WAKE UP DRINK	BREAK FAST	BRUNCH DRINK	LUNCH	EVENING REFRESHMENT	SUPPER
SUNDAY		THOSA, COCONUT CHUTNEY, SAMBAR, HORLICKS	JUICE	RICE, CHICKEN GRAVY, VEG GRAVY, CHICKEN FRY/CHICKEN 65, MUSHROOM FRY, RASAM, CURD	BUSICUIT, ICE CREAM	IDLY, TOMATO KURUMA, BATHAM MILK.
MONDAY	BADHAM MILK	WHEAT RAVA UPMA, RAGI DOSA, TOMATO CURRY	MILK	VEG FRIED RICE, TOMATO SAUCE, CURD RICE, CHAPPATHI, PARRUPU CHUTNEY, VEG KURUMA, PORIYAL	BAJJI, COCONUT CHUTNEY, JUICE	DOSA, PUMPKIN SAMBAR, CHUTNEY, BANANA
TUESDAY	BORNVITA	PONGAL, SAMBAR, CORN FLAKES, MILK AND SPROUTS	MILK	DHAL RICE, CHAPPATHI, CURD RICE, PORIYAL, PATATO TOMATO CURRY, FRUIT PUDDING	VEG PUFF, JUICE	VEG NOODLES, BREAD CHENNA, BADHAM MILK
WEDNESDAY	BOOST	MINI IDLY, IDLY, CHUTNEY, SAMBAR, EGG PORIYAL	MILK	VEG BIRIYANI/PULAO, ONION RAITHA, CURD RICE, CHAPPATHI, THATTAI PAYIRU, POTATO PORIYAL, GRAVY	JUICE, SUNDAL	PAROTTA, CHICKEN GRAVY, PANEER GRAVY, BADHAM MILK
THURSDAY	BORNVITA	SEMIYA KICHADI, COCONUT CHUTNEY, BREAD TOAST, OMLET.	MILK	SAMBAR RICE, PAPPADAM/ APPALAM, VEG GRAVY, CURD RICE, CHAPPATHI, PORIYAL	JUICE, ULUNDHU VADAI, CHUTNEY	IDLY, CHUTNEY, SAMBAR, CUSTARD MILK WITH FRUITS
FRIDAY	HEALTH MIX	BREAD JAM, DOSA, TOMATO CHUTNEY, SAMBAR, EGG PORIYAL	MILK	RICE, SAMBAR, RASAM, AVIYAL, MASALA BUTTER MIK, PAYASAM.	JUICE, MACRONI NODDLES, SAUCE	CHOLA POORI, POTATO MASALA, CURD SEMIYA, BADAM MILK.
SATURDAY	HORLICKS	PANIYARAM, CHUTNEY, CORN FLAKES	MILK	VEG NOODLES, TOMATO SAUCE, CHAPPATHI, PEAS MASALA, PORIYAL, CURD RICE, BANANA.	JUICE, VEG CUTLET AND	FRIED IDLY, TOAMATO SOUP, CHUTNEY, VEG SALAD



