

SENIOR SECONDARY SCHOOL

CBSE Affiliation Number : 1930977

Rathinam techzone campus, Madukarai road, Coimbatore 641021

KG - FOOD MENU

NOVEMBER

BREAKFAST LUNCH

2025-2026



KG - FOOD MENU WEEK 1

DATE	BREAKFAST	BRUNCH	LUNCH	SNACKS
Nov 1	Poori Masala	Poha	Bisibellabath, Potato Fry, Coconut Rice	Boiled Sweet Corn
Nov 3	Idli, Chutney, Sambar	Lemon Sevai	Rice, Kerala Sambar, Mixed Veg Poriyal, Rasam	Jam Roll
Nov 4	Pongal, Sambar	Kara Kolukattai	Chappathi, White Veg Kurma, Rice, Rasam, Carrot Poriyal	Paneer Samosa
Nov 5	Ghee Podi Dosa, Dambar, Chutney	White Channa	Arisi Paruppu Sadham, Snake Gourd Chilli, Curd Rice	Sweet Potato
Nov 6	Veg Noodles	Peanut Burfi, Banana	Chappathi, Soya Kurma, Green Peas Rice	Sprout And Fruit Bhelpuri, Rose Milk
Nov 7	Idiyappam, Kadala Curry	Brown Rice Puttu	Veg Biriyani, Raitha, Curd Rice, Raw Banana Poriyal	Pazha Bajji



KG - FOOD MENU

WEEK 2

DATE	BREAKFAST	BRUNCH	LUNCH	SNACKS
Nov 10	Adai Dosai, Groundnut Chutney	Chilli Idli	Rice, Greengram Curry, Bittergourd Fry, Rasam	Sambar Vada
Nov 11	Puttu With Jaggery	Corn Flakes With Milk	Palak Chappathi, Mushroom Gravy, Rajma Rice	Black Sundal, Hot Badam Drink
Nov 12	Poori Masala	Choco Sandwich	Soya Biryani, Raitha, Curd Semiya, Beans Poriyal	Tapioca
Nov 13	Wheat Rava Kitchadi, Curd	Ragi Sevai	Idli With Tiffin Sambar, Lemon Rice, Cabbage Poriyal	Sweet Poli
Nov 14	Idli, Chutney, Sambar	Carrot Juice	Rice, Dal With Ghee, Rasam, Aviyal	Cheese Sandwich



KG - FOOD MENU

WEEK 3

DATE	BREAKFAST	BRUNCH	LUNCH	SNACKS
Nov 17	Maggi Noodles	Ghee Sesame Podi Idli	Romali Roti, Channa Masala, Rice, Rasam, Ladies Finger Fry	Papdi Chat
Nov 18	Appam, Kadala Curry	Veg Kitchadi, Jaggery	Rice, Raddish Sambar, Pumpkin Kootu, Rasam	Boiled Groundnut, Nannari Sarbath
Nov 19	Corn Flakes, Bread With Jam	Bread Upma	Multi Grain Chapathi, Panner Butter Masala, Beetroot Rice	Watermelon Fruit
Nov 20	Dosa, Chutney, Sambar	Ulunthu Vada, Watermelon Juice	Tamarind Rice, Curd Rice, Yam Fry	Veg Cutlet
Nov 21	Pongal, Sambar	Puttu	Podi Dosa, Sambar, Keerai Rice, Soya Chunks Fry	Banana Kachayam, Veg Soup



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WEEK 4

DATE	BREAKFAST	BRUNCH	LUNCH	SNACKS
Nov 24	Poori Masala	Assorted Fruits	Mushroom Biryani, Onion Raitha, Rice, Rasam, Aloo Capsicum Poriyal	Green Gram Sundal
Nov 25	Veg Noodles	Kambu Sevai	Phulka Chappathi, Veg Kurma, Mint Rice, Vadagam	Puffed Rice Balls, Kollu Soup
Nov 26	Idli, Chutney, Sambar	Sweet Cashew Poga	Rice, Horse Gram Curry, Long Bean Uslee, Rasam	Pappaya Fruit
Nov 27	Veg Kitchadi	Pepper Idli	Adai Butter Dosai, Chutney, Rasam Satham, Peerkankari	Samosa, Lime Mint Juice
Nov 28	Idli, Tomato Chutney, Sambar	Mixed Sundal, Muskmelon Juice	Rice, Kerala Sambar, Horse Gram Rasam, Vazhai Thandu Poriyal	Nutritious Ball, White Mushroom Soup



KG - FOOD MENU IF SATURDAY WORKING

BREAKFAST

Puttu,
Banana

Poori Masala

BRUNCH

Panniyaram

Tomato
Sevai

LUNCH

Tomato Dum Biryani,
Raitha, Lemon Rice,
Brinjal Podi Fry

Rice, Sundal
Kulambu, Kovakai
Varuval, Rasam

SNACKS

Masal Pori,
Kambu

Suzhiyam

