



# TVIS MEAL PLAN

We take pride in our commitment to ethical sourcing of raw materials adhering to the highest quality standards. Our procurement process aligns with the guidelines set by the Food Safety and Standards Authority of India with products bearing certificates like HALAL ensuring the utmost quality and safety in every ingredient we use. Join us in nurturing the health and well being of the young minds with every bite!!



# Week 1 Menu



## MONDAY

### BREAKFAST

● PUTTU & CHANNA / GREEN GRAM BEANS CURRY & COFFEE

### LUNCH

●● VEG FRIED RICE WITH CHILLY CHICKEN & CHILLY GOBI

### DINNER

● CHAPATHI WITH SOYA CURRY

### JUICE

LIME JUICE

### SNACKS @ 2:30

● COOKIES WITH HOT LEMON TEA

### SNACKS @ 5:00

●● ERACHI/VEG PATHIRI WITH TEA

## TUESDAY

### BREAKFAST

●● TOASTED BREAD WITH SCRAMBLED EGGS/ VEG CUTLET & BUTTER-JAM & COFFEE

### LUNCH

● LEMON RICE WITH ALOO GOBI

### DINNER

● IDIYAPPAM WITH VEG KURMA

### JUICE

MINT LIME

### SNACKS @ 2:30

● SWEET POTATO WITH TEA

### SNACKS @ 5:00

● KESARI WITH COFFEE

## WEDNESDAY

### BREAKFAST

●● PANCAKES WITH MAPLE SYRUP & COFFEE

### LUNCH

●● CHAPATHI WITH BUTTER CHICKEN/ PANEER BUTTER MASALA

### DINNER

● KANJI WITH PAYAR MANGO CHUTNEY & PAPPAD

### JUICE

HOT LEMON TEA

### SNACKS @ 2:30

● AVAL-MIX WITH COFFEE

### SNACKS @ 5:00

● PARIPPUVADA WITH TEA





# Week 1 Menu



## THURSDAY

### BREAKFAST

- DOSA WITH SAMBAR & CHUTNEY WITH TEA

### LUNCH

- VEG MEALS WITH AVIAL, THORAN, KOOTTU CURRY & PAPPADOM

### DINNER

- PUTTU WITH CHICKEN PERATTU/ CHANNA CURRY

### JUICE

- VEG SOUP

### SNACKS @ 2:30

- ERACHI/VEG PATHIRI WITH TEA

### SNACKS @ 5:00

- BANANA FRY WITH COFFEE

## FRIDAY

### BREAKFAST

- POORI MASALA WITH BOOST

### LUNCH

- CHAPATHI WITH CHICKEN JALFREZI/ ALOO MATTAR

### DINNER

- JEERA RICE WITH DAL MAKHANI

### JUICE

GINGER LIME

### SNACKS @ 2:30

- BANANA FRY WITH COFFEE

### SNACKS @ 5:00

- ONION BAJI WITH TEA

## SATURDAY

### BREAKFAST

- IDLI WITH SAMBAR & CHUTNEY & TEA

### LUNCH

- CHICKEN ALFREDO PASTA/ VEG CREAMY PASTA

### DINNER

- KERALA RICE WITH AVIAL, THORAN, RASAM & PICKLE

### JUICE

COFFEE

### SNACKS @ 5:00

- PATHIRI WITH COFFEE





# Week 1 Menu



## SUNDAY

BREAKFAST

LUNCH

DINNER

● IDIYAPPAM  
WITH VEG STEW  
& COFFEE

●● CHICKEN BIRIYANI/  
VEG BIRIYANI

● THATTU DOSA  
WITH SAMBAR &  
CHUTNEY

JUICE

SNACKS @ 5:00

COFFEE

● BUN WITH TEA





# Week 2 Menu



## MONDAY

### BREAKFAST

- CHAPATHI WITH GREEN PEAS/ POTATO CURRY & COFFEE

### LUNCH

- VEG MEALS WITH AVIAL, THORAN, KOOTTU CURRY & PAPPADOM

### DINNER

- MASALA DOSA WITH SAMBAR & CHUTNEY

### JUICE

- LIME JUICE

### SNACKS @ 2:30

- BAJI WITH COFFEE

### SNACKS @ 5:00

- BOILED BANANA WITH TEA

## TUESDAY

### BREAKFAST

- APPAM WITH CHANNA CURRY & TEA

### LUNCH

- VEG PULAV WITH CHICKEN MASALA/ ALOO MATTAR

### DINNER

- CHAPATHI WITH VEG STEW

### JUICE

- MINT LIME

### SNACKS @ 2:30

- VATTAYAPPAM WITH LEMON TEA

### SNACKS @ 5:00

- BANANA FRY WITH COFFEE

## WEDNESDAY

### BREAKFAST

- IDLI WITH SAMBAR & CHUTNEY & COFFEE

### LUNCH

- CHAPATHI WITH DAL PALAK/ SOYA CURRY

### DINNER

- RICE WITH CHICKEN FRY/VEG 65 & VEG GRAVY

### JUICE

- VEG SOUP

### SNACKS @ 2:30

- PATHIRI WITH TEA

### SNACKS @ 5:00

- AVAL MIX WITH COFFEE





# Week 2 Menu



## THURSDAY

### BREAKFAST

● PUTTU WITH CHANNA CURRY & TEA

### LUNCH

● ● KERALA RICE WITH FISH CURRY/ PANEER CURRY & THORAN + PICKLE

### DINNER

● KANJI WITH PAYAR MANGO CHUTNEY & PAPPAD

### JUICE

● VEG SOUP

### SNACKS @ 2:30

● ● ERACHI/VEG PATHIRI WITH TEA

### SNACKS @ 5:00

● BANANA FRY WITH COFFEE

## FRIDAY

### BREAKFAST

● DOSA WITH SAMBAR & CHUTNEY & BOOST

### LUNCH

● CHOLE BATURE

### DINNER

● ● EGG BIRIYANI/ VEG BIRIYANI

### JUICE

GINGER LIME

### SNACKS @ 2:30

● BANANA FRY WITH COFFEE

### SNACKS @ 5:00

● CHILLI BAJI WITH TEA

## SATURDAY

### BREAKFAST

● RAVA UPMA & TEA

### LUNCH

● ● POROTTA WITH BEEF CURRY/ SOYA ROAST

### DINNER

● TOMATO RICE WITH VEG KURMA

### JUICE

COFFEE

### SNACKS @ 5:00

● NOODLES WITH COFFEE





# Week 2 Menu



## SUNDAY

BREAKFAST

LUNCH

DINNER

● APPAM  
WITH EGG CURRY/  
VEG STEW  
& COFFEE

●● CHICKEN MANDI/  
VEG BIRIYANI

● CHAPATHI  
WITH  
VEG KURMA

JUICE

SNACKS @ 5:00

● VEG SOUP

● VEG ROLL/ONION VADA  
WITH TEA

