

JAWAHAR NAVODAYA VIDYALAYA, MALAMPUZHA, PALAKKAD DISTT.

MESS MENU- NOVEMBER 2017

DAYS	BREAKFAST	LUNCH	EVENING TEA	SUPPER
MONDAY	IDLY,SAMBAR/CHUTNEY, BOOST,MILK	RICE,RED GRAM CURRY,AVIAL/ERISSERY,PICKLE ,PAYASAM/PAPPAD	BISCUIT,RUSK/GROUDNUT FRIED,TEA	RICE,SAMBAR,VEGETABLE THORAN,PICKLE
TUESDAY	BREAD, GREEN PEAS CURRY/EGG,FRUIT/SWEET FOR/VEG BOOST MILK	RICE, LADIES FINGER CURRY/SAMBAR, VEG THORAN/ERUSSERY,BUTTER MILK	BUN & TEA	RICE,CHAPPATHI, GREEN PEAS MEAL MAKER CURRY, SOYABEAN
WEDNESDAY	PUTTU, BENGAL GRAM, BOOST MILK	FRIED RICE,CHICKENCURRY,VEG THORAN,SOYA MASALA/PANEER MASALA, PAPPAD/FRUIT/PAYASAM : VEG	BEATEN RICE, TEA	RICE, DAL, VEG THORAN, PICKLE/PAPPAD
THURSDAY	DOSA, SAMBAR/ APPAM, EGG CURRY, BOOST MILK	RICE, MASALA CURRY/SAMBAR, FISH CURRY/ FISH FRIED, AVIEL/MIX VEG CURRY, FRUIT FOR VEG	DAL VADA, TEA/ FRIED BANANA	RICE, PULISSERY, MIX VEG THORAN, PICKLE/PAPPAD
FRIDAY	BREAD, GREEN PEAS CURRY, BOILED EGG/FRUIT FOR VEG, BOOST MILK	RICE, LOBIA CURRY/CURD CURRY, VEG THORAN ,PICKLE	BOILED GREEN GRAM, TEA	RICE, CHAPPATHI,GREEN PEAS/SOYABEAN MEAL MAKER CURRY/ BEETROOT
SATURDAY	UPPUMA,PLANTAIN, SUGAR/BOOST MILK	RICE, VEG CURRY, VEG THORAN/PAPPAD, PICKLE	JAM ROLL/ CREAM ROLL/ BOILED GROUND NUT, TEA	RICE, SAMBAR/VEG CURRY, VEG THORAN, LEMON RICE/TOMATO RICE, PICKLE, SAMBAR
SUNDAY	PUTTU, BENGAL GRAM CURRY, COFFEE	RICE, CHICKEN CURRY, CURDRAITHA,MUSHROOM/ PANEER MASALA/VEG THORAN/PAYASAM FOR VEG	MIXTURE/ BOILED BENGAL GRAM, TEA	RICE, RED GRAM CURRY/PICKLE

Sindhu

CATERING ASSISTANT

Devi

VICE PRINCIPAL

[Signature]

PRINCIPAL