

The Camford International School, Coimbatore		
	Menu Details	
Ist week	Break Fast	
Monday	Poori, Potato masala, chutney, wheat Upma, Bread Jam	Rice. Daal(split moong), Cabbage poriyal, Rasam, Butter Milk, Chapati and Veg Jaipuri
Tuesday	Dosai, Masala, Sambar, Raagi semiya, Pudhina Chutney, Wheat Porridge	Rice, More Kulambu, Carrot Beans Poriyal, Rasam, Curd, Chapathi and Mini Soya Gravy.
Wednesday	Maize Idly, Tomato Kuruma, Chutney, Kudhiraiwali Pongal, Cornflakes with milk	Rice, Kara Kozhambu, chick Peas Salad(with Sprouts +cucumber + Onion + Tomato),Butter Milk, Rasam, Chapathi, Veg Kofta Gravy(without potato), Pasiparuppu Payasam
Thursday	Dosai, Masala, Sambar, Bread Upma, Kara Chutney, Wheat Porridge	Rice, Mix Dhaal, Chow Chow Koottu, Rasam, Curd, Poori, Channa Masala.
Friday	Mini Idly, Sambar, veg Semiya, Chutney, Bread Jam	Rice, Pancharatna Dhaal, Alu capcicum Poriyal, Rasam, Butter Milk,Chapathi, Mutter Paneer , Kesari
Saturday	Uthapam, Sambar, Chutney, Sooji Upma with vegetables, Corn Flakes with milk	Lemon Rice and Chutney, Curd Rice and Pickle, Chapathi and Veg Kuruma.

Fresh Fruit Juice and Snacks like Biscuits, Groundnut Candy and Mutli Grain Cookies are provided every day during break time.

The Camford International School, Coimbatore		
	Menu Details	
2nd week	Break Fast	Lunch
Monday	Poori , Channa Masala, Semiya Upma, Bread Jam.	Rice, Sambar, Beans and Carrot Poriyal, Rasam, Butter Milk, Chapati, kadai vegetable gravy
Tuesday	Dosai, Masala, Sambar, Sooji Upma with vegetables, Coconut Chutney, Wheat Porridge.	Rice, Moong Whole Dhaal, Beetroot Poriyal, Rasam, Curd, Chappathi and Veg Kofta(without potato).
Wednesday	Maize Idli, Sambar, Chutney, Kudhiraiwali Pongal, CornFlakes With milk.	Rice, Kara Kulambu, Sprouts +Cabbage poriyal, Rasam, Butter Milk, Chappathi, Vegetable Gravy, Wheat Payasam
Thursday	Pancake, Honey, Semiya Upma, Chutney, Bread Jam	Rice, Daal, Mixed Veg+carrot+Beans poriyal, Rasam,Curd, Methi Chapati and Tomato Chutney,
Friday	Idli ,tomato kurma, kara Chutney, Bread Upma, Cornflakes with milk	Rice, Sambar, Poriyal, Rasam, Butter milk, Chappathi and Mini Soya Paneer Gravy.
Saturday	Dosa, Masala, Sambar, Veg Poha, corriander Chutney, Wheat Porridge.	Rice, Daal, Alu Capcicum Porial, Rasam, Curd, Chapati and Veg Gravy

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