

VENUS GLOBAL CAMPUS – CBSE

Mess Menu List

| Days | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|--|------------------------------------|--|--|--|---|
| Sweet / Kaaram | Sweet | Salad | Sweet | Salad | Kaaram | Sweet |
| Main dish | White Rice Sambar/ Chutney Rasam Butter Milk Poriyal | Chappathi Gravy Variety rice | Briyani (Veg & Non Veg) White Rice Gravy (Veg & Non Veg) | White Rice Gravy Rasam Butter Milk Poriyal | White Rice Pulikulambu Rasam Butter Milk Poriyal | Chappathi Gravy White rice/ Variety Rice |
| Nutritious Food | Soup | Koozh | Payasam | Koozh | Soup | Fruits |

| Briyani | Chappathi Kurma | Variety Rice |
|---|--|--|
| <ul style="list-style-type: none"> * Nattukoli – seeraga samba briyani * Veg – dindigul / ambur style seeraga samba briyani * Mushroom – seeraga samba briyani * Basmathi rice briyani | <ul style="list-style-type: none"> * Nattukoli masala * Muttai kulambu * Mushroom kulambu * Veg Kuruma * White Kuruma * Panner Masala * Channa masala * Tomato egg gravy * Gobi masala * Cauliflower gravy | <ul style="list-style-type: none"> * Sambar Rice * Tomato Rice * Tamarind Rice * Lemon Rice * Coconut milk Rice * Ghee Rice * Pattani Rice * Egg Fried Rice * Paruppu Rice * Veg pulao |
| Karam | Sweet | Egg |
| <ul style="list-style-type: none"> * Keerai Bonda * Paruppu vadai * Uluntha vadai * Inippu Bonda * Onion Badchi * Valaikkai Badji * Onion Bonda * Babycorn * Egg Bonda * Gobi 65 * Sundal variety | <ul style="list-style-type: none"> * Gulab jamon * Kesadi * Sakkarai Pongal * Paruppu Payasam * Semiya Payasam * Rava Payasam | <ul style="list-style-type: none"> * Omlet * Podimass * Boiled egg * Spinach omlet * Boiled Egg fry |
| Poriyal | Koozh / Soup list | Sambar / Chutney |
| <ul style="list-style-type: none"> * Beetroot * Avarai * Peerkangai * Keerai kuttu * Pudalangai kootu * Senai kezhangu * Potato * Cabbage * Carrot * Drumstick * Plantain Fry * Bhindi Masala Fry | <ul style="list-style-type: none"> * Ragi koozh * Ragi koozh - sweet * Uluntha kanji * Kambu koozh * Keerai soup * Veg soup * Corn soup | <ul style="list-style-type: none"> * Vegetable Sambar * Pasi Payir Sambar * Thattpayir Sambar * Puli kozhambu * Mour kozhambu * Vathal kuzhambu * Ground nut chutney * Beetroot Chutney * Horsegram Chutney |
| Fruits and Salad | | |
| <ul style="list-style-type: none"> * Banana * Papaya * Seasonal fruit * Carrot * Cucumber * Sweet corn | | |