MERIDIAN SCHOOL
Connecting the Mind and Heart

WEEK 1 MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	• Vada • Ginger Chutney • Sambar • Kattu Pongal • Putnalu Chutney	• Plain Idly • Peanut Chutney • Sambar • Karampodi with Ghee • Badam Milk	• Poori with Chole Curry • Veg Upma • Coconut Chutney	• Ragi Dosa • Sambar • Coconut Chutney • Pallikaram with Ghee • Poha	• Bread Jam • Veg sandwich • Vermicelli upma • Tomato Chutney	• Puffed Rice • Wheat Rava Upma • Putnalu • Coconut Chutney
Lunch	• Roti • Plain Rice • Paneer Burji • Ridge gourd Curry • Carrot & Drumstick Sambar • Tomato Chutney • Curd **Salad** • Vegetable Salad **Fruit** • Papaya	• Butter Roti • Plain Rice • Lasooni Dal Tadka • Sorakaya Curry • Mix Veg Chutney • Curd **Salad** • Sliced Cucumber, Carrot & Onion **Fruit** • Ravakesari	• Lemon Rice • Plain Rice • Brinjal Masala • Beans Semi Dry Curry • Veg Sambar • Bottle gourd Chutney • Curd **Salad** • Sprouts Salad **Fruit** • Watermelon	• Pav Bhaji • Plain Rice • South Indian Style Dondakay • Sambar • Coriander & Mint Chutney • Curd Rice **Salad** • Chick Peas Salad **Fruit** • Banana	• Schezwan Fried Rice • Veg Manchria Gravy • Plain Rice • South Indian Aloo Curry • Coriander Rasam • Dondakai Chutney • Curd **Salad** • Veg Protein Salad **Dessert** • Fruit Custard	• Roti • Plain Rice • Baby corn Masala • Tomato Rasam • Gongura Pachadi • Curd **Salad** • Beetroot Salad **Fruit** • Muskmelon

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WEEK 2 MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	• Poori with Chole • Poha • Peanut Chutney	• Idli • Coconut Chutney • Sambar • Pongal	• Uttappam • Pongal • Putnalu Chutney • Sambar	• Wheat Rawa Upma • Tomato Chutney • Bread Jam • Coleslaw Sandwich	• Masala Dosa • Tomato Peanut Chutney • Sambar • Badam Milk	Holiday
Lunch	• Corn Fried Rice • Plain Rice • Aloo Tomato Kurma • Palak Dal • Rasam • Dosakai Chutney • Papad • Curd **Salad** • Cucumber & Tomato Salad **Fruit** • Watermelon	• Butter Roti • Plain Rice • Ginger Paneer • Cabbage Poriyal • Veg Sambar • Brinjal Chutney • Curd **Salad** • Green Salad **Fruit** • Banana	• Roti • Plain Rice • Mix Veg Kurma • Capsicum Mutter Corn Masala • Drumstick Sambar • Beerakaya Chutney • Curd **Salad** • Chana Salad **Fruit** • Double Ka Meeta	• Veg Pulao • Plain Rice • Dal Makhani • Carrot Green Peas Poriyal • Pepper Rasam • Coriander Chutney • Curd Rice **Salad** • Corn Salad **Fruit** • Muskmelon	• Roti • Plain Rice • Methi Chamam • Sambar • Cabbage Chutney • Gobi Fry • Curd **Salad** • Pasta Salad **Dessert** • Carrot Halwa	Holiday

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WEEK 3 MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	• Ghee & Kaju Upma • Kattu Pongal • Peanut Chutney	• Set Dosa • Putnalu Chutney • Sambar	• Poha with Vegetables • Coconut Chutney • Bread & Jam	• Poori with Aloo • Green Peas with Besan Curry	• Idli with Karam Podi & Butter • Peanut Chutney • Sambar	Holiday
Lunch	• Butter Roti • Plain Rice • Palak Paneer • South Indian Bhindi Curry • Sambar • Gongura Chutney • Curd **Salad** • Cucumber & Carrot Salad **Fruit** • Ragi Laddu with Jaggery	• Jeera Rice • Plain Rice • Rajma Masala • Pepper Rasam • Tomato Chutney • Boondi Raita **Salad** • Veg Protein Salad **Fruit** • Papaya	• Roti • Plain Rice • Meal maker Curry • Vegetable Sambar • Mint Chutney • Aloo Fry • Curd **Salad** • Chickpeas Salad **Fruit** • Banana	• Palak Rice • Palin Rice • Tomato Capsicum Masala • Panchmel Dal • Beetroot Chutney • Papad • Raita **Salad** • Green Salad **Fruit** • Watermelon	• Mix Veg Noddles • Veg Manchuria (Wet) • Plain Rice • Ridge Gourd Curry • Drumstick Sambar • Dosakai Chutney • Palak Pakodi • Curd **Salad** • Aloo Chana Salad **Dessert** • Gulab Jamun	Holiday

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WEEK 4 MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	• Veg Sandwich • Poppat Rice • Coconut Chutney	• Set Dosa • Peanut Chutney • Sambar	• Idli & Vada Combo • Coconut Chutney • Podi with Ghee • Sambar	• Poori • Veg Kurma • Vermecelli Upma • Coconut Chutney	• Pesarattu • Upma • Putnalu Pachadi • Ginger Chutney	• Corn Mint Poha • Wheat Rava Upma • Coconut Chutney
Lunch	• Roti • Mixed Fried Rice • Plain Rice • Andhra Style Paneer Curry • Rasam • Dosakai Chutney • Cauliflower Fry • Curd **Salad** • Julin Mixed Salad **Fruit** • Watermelon	• Roti • Plain Rice • Soyakeema Curry • Dosakai Sambar • Bottle Gourd Chutney • Cabbage Pakoda • Curd **Salad** • 3 Peas Salad **Fruit** • Sabudana Kheer	• Bagara Rice • Plain Rice • Chole Masala • Sambar • Curry Leaves Chutney • Bhindi Fry • Tomato & Onion Raita **Salad** • Pasta Salad **Fruit** • Banana	• Roti • Plain Rice • Rajma Masala • Carrot Beans Poriyal • Sambar • Gongura Chutney • Curd **Salad** • Kasoombari Salad **Fruit** • Pineapple	• Veg Dum Biryani • Plain Rice • Mirchi Ka Saalan • Sambar • Mint Chutney • Sorakaya Fry • Cucumber & Onion Raita **Salad** • Sprouts Salad **Dessert** • Bhoondi Laddu	• Roti • Plain Rice • Beerakaya with Chanadal • Thotakura Dal • Beetroot Chutney • Raw Banana Fry • Curd **Salad** • Cucumber Salad **Fruit** • Muskmelon

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WEEK 5 MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	• Poori • Besan Curry • Poppat Rice • Coconut Chutney	• Vada • Ginger Chutney • Sambar • Wheat Rava Upma • Tomato Chutney	• Bread Jam • Sandwich • Pongal • Coconut Chutney	• Idli • Coconut Chutney • Sambar • Ghee Podi	• Masala Dosa • Tomato Peanut Chutney • Sambar • Badam Milk	• Poha with Peanuts • Wheat Rava Upma • Tomato Chutney
Lunch	• Roti • Plain Rice • Malai Kofta Curry • Sambar • Mint Chutney • Frymus • Cucumber Raita **Salad** • Cucumber Salad **Fruit** • Peanut Chikki	• Roti • Plain Rice • Bhindi Do Pyaaza • Tomato Pappu • Rasam • Coriander Chutney • Papad • Mix Veg Raita **Salad** • Cowpeas Salad **Fruit** • Watermelon	• Schezwan Fries Rice • Manchurian Dry & Garlic Sauce • Plain Rice • Sambar • Bottle Gourd Chutney • Dosakai Chana Semi Fry • Curs **Salad** • Sprouts Salad **Fruit** • Pineapple	• Butter Roti • Plain Rice • Palak Vegetable Curry • Tomato Chikkudkaya Curry • Pepper Rasam • Brinjal Chutney • Dondakaya Fry • Curd **Salad** • Chickpeas Salad **Fruit** • Papaya	• Avakaya Biryani • Plain Rice • Sorakaya Curry • Sambar • Gongura Chutney • Cabbage Pakoda • Tomato & Onion Raita **Salad** • Pasta Salad **Dessert** • Double Ka Meetha	• Plain Rice • Guttivankaya • Beerakaya Chanapappu • Pumpkin Sambar • Bottle gourd Chutney • Fryums • Curd **Salad** • Beetroot Salad **Dessert** • Banana