



NutriSun - Menu – Jun 2025

Date	Day	Breakfast			Lunch			Dinner		
June 1, 2025	Sun	Kali Ulundhu	Sundal Konda Kadalai		Mutton Briyani	Dalcha	Raita	Idiyappam	Coconut Milk	Jaggery
June 2, 2025	Mon	Wheat Dosa	Sambar (Chowchow)	Chilli Chutney	Mint Rice	Curd Rice	Seppankizhangu Poriyal	Podi Idli	Coconut Chutney	
June 3, 2025	Tue	Pongal (Regular)	Medhu Vada	Sambar	White Rice	Sambar Drumstick	Carrot Poriyal	Chapati	Dal Pasiparuppu	Raita
June 4, 2025	Wed	Aapam	Coconut Milk	Jaggery	White Rice	Paruppu Rasam	Prawn Thokku	Masala Dosa	Sambar (Onion)	Mint Chutney
June 5, 2025	Thu	Semiya Upma	Coriander Chutney		White Rice	Mor Kuzhambu	Vazhakkai Poriyal	Wheat Parotta	Chole Masala	
June 6, 2025	Fri	Adai	Aviyal Mixed Veg	Coconut Chutney	White Rice	Rajma Curry	Raita	Chapati	Egg Lababdar	Raita
June 7, 2025	Sat	Pongal (Sweet)	Masala Vada		White Rice	Puli Kuzhambu (Mocha)	Pudalangai Kootu	Onion Uthapam	Sambar	Kaara Chutney
June 8, 2025	Sun	Wheat Rava Upma	Tomato Chutney		Prawn Briyani	Coriander Chutney	Raita	Idiyappam	Coconut Milk	Jaggery
June 9, 2025	Mon	Poori	Potato Masala	Coconut Chutney	White Rice	Poondu Kuzhambu	Sorakkai Kootu	Veg Noodles	Tomato Sauce	
June 10, 2025	Tue	Ragi Puttu	Banana + Grated Coconut	Jaggery	Peas Pulao	Mushroom Curry	Raita	Butter Naan	Paneer Butter Masala	
June 11, 2025	Wed	Kambu Dosa	Sambar (Carrot)	Chilli Chutney	White Rice	Rasam	Pepper Chicken Gravy	Dosa	Sambar Pasiparuppu	Coriander Chutney
June 12, 2025	Thu	Podi Dosa	Sambar (Drumstick)	Tomato Chutney	Tomato Rice	Curd Rice	Mushroom Fry	Chapati	Aloo Gobi	
June 13, 2025	Fri	Aapam	Coconut Milk	Jaggery	White Rice	Sambar (Radish)	Beetroot Poriyal	Egg Kothu Parotta	Salna	Raita
June 14, 2025	Sat	Upma	Medhu Vada	Coconut Chutney	White Rice	Vatha Kuzhambu	Cabbage Kootu	Fried Rice Veg	Mushroom Machurian	
June 15, 2025	Sun	Rava Kichdi	Coriander Chutney		Chicken Briyani	Ennai Kathirikkai	Raita	Idiyappam	Coconut Milk	Jaggery
June 16, 2025	Mon	Poori	Potato Masala	Coconut Chutney	White Rice	Paruppu Rasam	Kovakkai Poriyal	Idli	Coconut Chutney	Idli Podi
June 17, 2025	Tue	Pesarattu Dosa	Sambar (Brinjal)	Garlic Chutney	Jeera Rice	Dal Tadka	Butter Beans Fry	Chapati	Green Peas Masala	
June 18, 2025	Wed	Paniyaram (Sweet)	Paniyaram (Spicy)	Coconut Chutney	White Rice	Fish Curry	Muruku Vadagam	Dosa	Coconut Chutney	Idli Podi
June 19, 2025	Thu	Aapam	Kadala Curry		Coconut Rice	Curd Rice	Vegetable Stir-Fry	Onion Uthapam	Sambar	Coriander Chutney
June 20, 2025	Fri	Adai (Sweet)	0		White Rice	Sambar (Sorakkai)	Senai kizhangu Poriyal	Egg Fried Rice	Gobi Manchurian	
June 21, 2025	Sat	Idli	Sambar (Pasiparuppu)	Kaara Chutney	White Rice	Puli Kuzhambu (Venda)	Arai Keerai	Aloo Paratha	Mint Chutney	Raita
June 22, 2025	Sun	Dosa	Sambar	Coconut Chutney	Fish Briyani	Mint Chutney	Raita	Idiyappam	Coconut Milk	Jaggery
June 23, 2025	Mon	Rice Puttu	Banana + Grated Coconut	Jaggery	Lemon Rice	Rice Curd	Black Channa Fry	Pesarattu Dosa	Sambar (Brinjal)	Garlic Chutney
June 24, 2025	Tue	Rava Dosa	Sambar (Carrot)	Tomato Chutney	White Rice	Paruppu Rasam	Soya Beans Fry	Butter Naan	Palak Paneer	
June 25, 2025	Wed	Aval	Banana	Jaggery	Ghee Rice	Mutton Curry	Raita	Idli	Sambar	Coconut Chutney
June 26, 2025	Thu	Poori	Channa Masala		White Rice	Parupu Urundai Kuzhan	Vazhaipoo Poriyal	Maida Parotta	Kurma Mixed Veg	Raita
June 27, 2025	Fri	Ragi Semiya Spicy	Ragi Semiya Sweet		White Rice	Sambar (Avarakkai)	Ladies Finger Fry	Egg Dosa	Peanut Chutney	
June 28, 2025	Sat	Uthapam	Sambar	Coriander Chutney	Tamarind Rice	Curd Rice	Potato Fry	Chapati	Dal Makhani	
June 29, 2025	Sun	Kali Ulundhu	Sundal Konda Kadalai		Mutton Briyani	Dalcha	Raita	Idiyappam	Coconut Milk	Jaggery
June 30, 2025	Mon	Wheat Dosa	Sambar (Chowchow)	Chilli Chutney	Mint Rice	Curd Rice	Seppankizhangu Poriyal	Podi Idli	Coconut Chutney	

Veg	Egg	Non-Veg
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