



VIA VERITAS VITA

NEW YORK
ACADEMY

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MENU

APRIL 2025





Day\Date	Breakfast	Lunch	Salad	Dessert
Thu, 3-April	Ragi Idli with Chutney & Sambar & Fresh Fruits Drink: Chocolate Milk	Aloo Chole Poori, Sambar, Steamed Rice & Curd Rice	Veggie Sticks	Quinoa Cake
Fri, 4-April	Pav Bhaji & Fresh Fruits Drink: Badam Milk	Veg & Chicken Biryani, Mirchi ka Salan & Boondi Raita	Green Salad	Payasam
Mon, 7-April	Tomato Bath & Chutney & Fresh Fruits Drink: Dates & Banana Smoothie	Chicken & Veg Pasta with White Sauce, Dal Tadka, Steamed Rice & Curd Rice	Grilled Veggies	Banana Walnut Cake
Tue, 8-April	Vermicelli Upma & Peanut Chutney & Fresh Fruits Drink: Strawberry Milk	Pulihora, Potato Green Peas Curry, Bhindi Vepudu & Amaranth Dal, Steamed Rice, Curd Rice & Papad	Kachumber Salad	Marble Cake
Wed, 9-April	Sambar Vada & Chutney & Fresh Fruits Drink: Chocolate Milk	Veg and Non-Veg Quesadilla, Sambar, Steamed Rice & Curd Rice	Sprouts	Dark Chocolate Brownie
Thu, 10-April	Carrot Idli, Coconut & Peanut Chutney & Fresh Fruits Drink: Plain Milk	Tomato Rice, Beetroot Fry, Mixed Veg Curry, Spinach Dal, Steamed Rice, Curd Rice & Papad	Channa Chat	Tutti Frutti Cake
Fri, 11-April	Egg & Veg Sandwich & Fresh Fruits Drink: Badam Milk	Veg & Chicken Biryani, Mirchi ka Salan & Cucumber Raita	Green Salad	Sabudana Kheer
Mon, 14-April	Ragi Uttapam & Chutney & Fresh Fruits Drink: Badam Milk	Veg & Non-veg Pizza, Sambar, Steamed Rice & Curd Rice	Sautéed Vegetables Salad	Honey Almond Cake
Tue, 15-April	Veg Upma & Chutney & Fresh Fruits Drink: Dates & Banana Smoothie	Mixed Veg Pulao, Veg Kurma, Yam Vepudu, Dal Fry, Steamed Rice, Curd Rice & Papad	Corn & Green Peas Salad	Walnut Cake
Wed, 16-April	French Toast & Fresh Fruits Drink: Plain Milk	Veg Hakka Noodles, Chilli Chicken & Chilli Veg Gravy, Steamed Rice, Tomato Dal & Curd Rice	Kimchi Salad	Quinoa Cake
Thu, 17-April	Poha & Chutney & Fresh Fruits Drink: Strawberry Milk	Lemon Rice, Dondakaya Vepudu, Mango Dal, Steamed Rice, Curd Rice & Papad	Kachumber Salad	Banana Walnut Cake
Fri, 18-April	Pancake with Maple Syrup Drink: Strawberry Milkshake	Veg & Non-veg Biryani, Mirchi ka Salan & Boondi Raita	Veggie Sticks	Payasam
Mon, 21-April	Tomato Bath with Chutney, Fresh Fruits Drink: Dates & Banana Smoothie	Chicken & Veg Pasta with White Sauce, Dal Tadka, Steamed Rice & Curd Rice	Grilled Veggies	Banana Walnut Cake
Tue, 22-April	Vermicelli Upma with Peanut Chutney, Fresh Fruits Drink: Strawberry Milk	Pulihora, Potato Green Peas Curry, Bhindi Vepudu, Amaranth Dal, Steamed Rice, Curd Rice & Papad	Kachumber Salad	Marble Cake
Wed, 23-April	Sambar Vada with Chutney & Fresh Fruits Drink: Chocolate Milk	Veg & Non-veg Quesadilla, Sambar, Steamed Rice & Curd Rice	Sprouts	Dark Chocolate Brownie
Thr, 24-April	Carrot Idli, Coconut & Peanut Chutney & Fresh Fruits Drink: Plain Milk	Tomato Rice, Beetroot Fry, Mixed Veg Curry, Spinach Dal, Steamed Rice, Curd Rice & Papad	Chana Chaat	Tutti Frutti Cake
Fri, 25-April	Egg & Veg Sandwich & Fresh Fruits Drink: Badam Milk	Veg & Chicken Biryani, Mirchi ka Salan & Cucumber Raita	Green Salad	Sabudana Kheer
Mon, 28-April	Ragi Uttapam with Chutney & Fresh Fruits Drink: Badam Milk	Veg & Non-veg Pizza, Sambar, Steamed Rice & Curd Rice	Sautéed Vegetables Salad	Honey Almond Cake
Tue, 29-April	Veg Upma with Chutney & Fresh Fruits Drink: Dates & Banana Smoothie	Mixed Veg Pulao, Veg Kurma, Yam Vepudu, Dal Fry, Steamed Rice, Curd Rice & Papad	Corn and Green Peas Salad	Walnut Cake
Wed, 30-April	French Toast & Fresh Fruits Drink: Plain Milk	Veg Hakka Noodles, Chilli Chicken, Chilli Veg Gravy, Steamed Rice, Tomato Dal & Curd Rice	Kimchi Salad	Quinoa Cake

