



ABSTRACT

Social Welfare and Women Empowerment Department - PT MGR Nutritious Meal Programme - Change of the existing Noon Meal Menu on first and third week Monday and Friday of every month - Orders issued.

Social Welfare and Women Empowerment (SW4-1) Department

G.O(Ms).No.105

Dated 22.12.2025

திருவள்ளூர் ஆண்டு 2056

விசுவாவசு, மார்கழி 7

Read:

1. G.O. (Ms) No. 267, Social Welfare and Nutritious Meal Programme (NMP-1) Department, dated 02.11.2012.
2. G.O. (Ms) No. 79, Social Welfare and Women Empowerment (SW4-1) Department, dated 21.10.2024.
3. The Commissioner of Social Welfare Letter Roc.No.11848/NMP-2(1)/2024, dated 26.03.2025.
4. The Director of Social Welfare Letter Roc.No.11848/NMP-2(2)/2024, dated 06.11.2025.

ORDER: -

In the Government order first and second read above, orders were issued for the weekly cycle of menu to be followed in the Nutritious Meal Programme as follows:-

Days	FIRST & THIRD WEEK	SECOND & FOURTH WEEK
Monday	Vegetable Biryani with Pepper Egg	Sambar Sadham (Bisibelabath) with Onion Tomato Masala Egg.
Tuesday	Rice and Black Bengal Gram Gravy with Tomato masala Egg	Rice with mixed Vegetable Sambar and pepper Egg
Wednesday	Tomato Rice with Pepper Egg	Tamarind Rice with Tomato Masala Egg
Thursday	Rice, Sambar and Boiled Egg	Lemon Rice, Sundal and Tomato Egg
Friday	Curry Leaf Rice / Keerai Sadham with Masala Egg and Chilly Fried Potato.	Rice, Sambar and Boiled Egg with Fried Potato.

P.t.o.,

2. In the letter third and fourth read above, based on the evaluation study of the Directorate of Evaluation and Applied Research (DEAR) on the Mid-Day Meal Programme, the Director of Social Welfare has requested to replace 'Vegetable Biryani/Vegetable Rice' with 'Rice with Vegetable Sambar' and 'Curry leaf Rice/Keerai Sadam' with 'Rice with Keerai Kootu with dhal' on first and third week Monday and Friday of every month respectively in the existing Noon Meal Menu, thereby maintaining the nutritive value of the meal and aligning with the preferences of the children.

3. The Government after detailed examination, accept the proposal of the Director of Social Welfare and accordingly order to replace 'Vegetable Biryani/Vegetable Rice' with 'Rice with Vegetable Sambar' and 'Curry leaf Rice/Keerai Sadam' with 'Rice with Keerai Kootu with dhal' on first and third week Monday and Friday of every month respectively in the existing Noon Meal Menu.

(By Order of the Governor)

JAYASHREE MURALIDHARAN
SECRETARY TO GOVERNMENT

To

The Director of Social Welfare, Chennai-05.

The Commissioner, Greater Chennai Corporation, Chennai - 03.

The Commissioner of Rural Development,
Panagal Building, Saidapet, Chennai - 15.

The Director of Municipal Administration, Raja Annamalaipuram,
Chennai - 28.

The Director of Town Panchayats, Urban Administrative Campus,
Chennai -28.

The Managing Director, Tamil Nadu Civil Supplies Corporation,
Chennai - 10.

All District Collectors, (through the Director of Social Welfare, Chennai-5).

The Accountant General, Chennai - 18.

Copy to

The Special Personal Assistant to Hon'ble Minister,
Social Welfare - Women Empowerment Department, Secretariat,
Chennai-9.

The Senior Private Secretary to Secretary to Government,
Social Welfare and Women Empowerment Department, Chennai-9.
Stock File/Spare Copy.

//Forwarded by Order//

J.E. *[Signature]*
22/12/2025
SECTION OFFICER.