

MENU FOR JUNE 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST # 2 pc fruit for Vegetarian # 1 pc fruit + 1 Egg for eggetarian	Plain Parantha, Aloo Sabzi, Pickle, [Egg Bhurji (2 eggs) / 2 pc Banana] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Pav Bhaji, (Pav upto 6 pcs) [2 pc Boiled Egg / Sprouts] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Ajwain Poori, Aloo, [2 pc Boiled Egg / Mango] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Matar Kulcha, Pickle, [2 pc Boiled Egg / Sprouts] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Aloo Pyaaz Parantha, Chutney, [Egg Bhurji (2 eggs) / Watermelon] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Poha, Chutney, [Omelette (2 eggs) / 2 pc Banana] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder	Idli, Sambhar, Vada (2 pcs), Chutney, [Omelette (2 eggs) , 2 pc Papaya] Cornflakes, Bread, Butter, Jam, Milk / Tea / Coffee & Chocolate Powder
LUNCH	Dal Makhni, Mix Veg, Peas Pulao, Boondi Raita, Roti, Salad, Papad	Kala chana, Bhindi, Kheera Raita, Plain Rice, Salad, Papad	Rajma, Palak Corn, Plain Rice, Veg Mix Raita, Roti, Salad, Fryums	Kadhi, Jeera Aloo, Plain Rice, Roti, Salad, Fryums	Arhar Dal, Katha Meetha Petha, Jeera Rice, Roti, Salad, Papad, Suji Halwa	Chole Bhature, Plain Rice, Salad, Plain Curd, Fryums, Jal Jeera	Dhuli Urad Dal, Aloo kasoori methi, Tomato Rice, Roti, Salad, Papad
EVENING SNACKS	The Snacks will be available as per availability of items in mess						
DINNER	Arhar Dal, Kathal, Plain Rice, Roti, Salad, Jalebi (2pcs)	Mix Dal, Arvi, Plain Rice, Roti, Salad	Chicken Curry (2pc), Paneer lababdar, Sabut Moong Dal, Jeera Rice, Roti, Salad, Gulab Jamun	Masoor Dal, Aloo shimla, Jeera Rice, Roti, Salad, Kheer	Egg Curry, Soya Chaap, Yellow Moong Dal, Plain Rice, Roti, Salad	Arhar Dal, Seasonal vegetable (Karela), Plain Rice, Roti, Salad	Chicken Biryani, Malai Kofta, Veg Biryani, Mint Raita, Roti, Salad, Fruit Custard

Timings:

Breakfast – 8:00 AM – 10:00 AM

Lunch – 12:45 PM – 2:15 PM

Snacks – 5:00 PM – 6:00 PM

Dinner – 8:00 PM – 9:30 PM

- Bread (White & Brown), Butter, Jam (Mixed fruit Jam/ Orange Marmalade), Cornflakes, Milk/Tea/Coffee and Chocolate Powder will be there every day in Breakfast.
- Salad, Lemon Slices, Pickle will be there every day at Lunch and Dinner.
- For breakfast, only two pieces of Vada will be served on Wednesday.

Few Important Points are mentioned below:

1. You will be given only 1 of the following for breakfast: 2 eggs or 2 fruits or 1 fruit + 1 egg (in case of Pear, 2 eggs or 1 fruit).
2. If you wish to purchase extra eggs, it will cost Rs. 10 / egg.
3. Similarly, for milk, you are allowed to have a glass of milk (200ml), if you wish to purchase extra, it can be done for Rs. 10 / glass.
4. Cost for Breakfast: Rs. 40
Cost for Lunch: Rs.60
Cost for Evening Snacks: Rs. 25
Cost for Dinner: Rs. 50 (for Monday, Tuesday, Thursday, Saturday)
Rs. 70 (for Wednesday, Friday, Sunday)
Rs. 70 (for Wednesday, Sunday only non-veg)