

| MESS MENU | | | | | | | |
|--|-----------------------------------|---|-----------------------------|-----------------------------|--------------------------------|-----------------------------|---------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast | Aloo onion paratha | Puri | Mix Paratha | Poha | Idli | Methi/Palak paratha | Masala Onion Dosa |
| | Chutney | Chana Masala | Dhaniya Chutney | Green Chutney | Sambhar & chutney | Aloo Tamatar Sabji | Sambar |
| | Curd | Halwa | Curd | | | | Coconut Chutney |
| | Fruits/ Eggs | | | Fruits/ 2 Omlette | 2 Banana/ 2 Eggs | Fruits / 2 Eggs | |
| | Daliya | Cornflakes | Daliya | Daliya | Cornflakes | Cornflakes | Daliya |
| | Milk(200 ml) | Milk(200 ml) | Milk (200 ml) | Milk (200 ml) | Milk(200 ml) | Milk (200 ml) | Milk (200 ml) |
| | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) |
| | Butter | Butter | Butter | Butter | Butter | Butter | Butter |
| | Jam | Jam | Jam | Jam | Jam | Jam | Jam |
| | Bournvita | Bournvita | Bournvita | Bournvita | Bournvita | Bournvita | Bournvita |
| | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags |
| | Sprouts(Black Chana+ Moong+Lemon) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) |
| | | | | | | | |
| Lunch | Arher Dal | Moong Dal | Kadhi Pakora | White Chole | Rajma | Paneer Bhurji, Egg Bhurji | Bhature |
| | Veg Kofta | Cabbage-Matar | Kaddu Khatta | Aloo Began Bhartha | Aloo Tamatar Sabzi | Chana Dal | Chole |
| | | Rice | Masala Papad/ Fryums | Poori | Jeera Rice | | Green Chutney |
| | Roti | Roti | Roti | Bundi Raita | Roti | Roti | Fried Masala Chilli |
| | Rice | | Jeera Rice | Rice | | Rice | Khichdi |
| | | Bundi Raita | | | Curd | | Butter Milk |
| | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad |
| | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle |
| | | | | | | | |
| Snacks | Macroni/Pasta | Pav Bhaji | Veg Sandwich | Fried Idli | Chana peanut Chat | Samosa+Imli Chat | Bhel Poori or Bread Pakoda |
| | Coffee | Tea | Tea | Tea | Tea | Tea | Coffee |
| | | | | | | | |
| Dinner | Aloo Palak | Mix Veg (gajar+paneer or Mushroom+bean +gobi+matar) | Kadahi Paneer/ ChickenCurry | Aloo Gobhi | Paneer butter masala/Egg Curry | Sarso ka Saag | Paneer Biryani/ Chicken Biryani |
| | Dal Fry | Dal Tadka | Red Massor Dal | Dal Makhni | Mix Dal | Dal Fry | Aloo soyabean |
| | Motichur Laddu | Besan Burfi | Fruit Custard | Besan Halwa | Gulab Jamun | Kheer | Raita |
| | Roti | Roti | Roti | Roti | Roti | Roti | Ice Cream |
| | Rice | Rice | Rice | Rice | Rice | Rice | Roti |
| | Pickle | Pickle | Pickle | Pickle | Pickle | Pickle | |
| | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad |
| | Lemon | Lemon | Lemon | Lemon | Lemon | Lemon | Lemon + Pickle |
| Green Salad:- Beet-root, Onion(Compulsory), Carrot, Tomato, Cucumber (At Least 2). | | | | | | | |