

Mess Menu for February 2024

Monday	BREAKFAST	Poha - aloo , Jalebi, Sambhar	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, chana, Bournvita, Tea, Coffee
	LUNCH	Plain rice, mix dal, Aloo Gobhi , Palak kofta,mixed fruits (min 3 types)	Butter Chapati, Green Salad, pickle
	SNACKS	Samosa, green chutney, and red chutney	Tea, Coffee
	DINNER	Jeera rice, dal fry, Soya Chaap/ egg bhurji, Aloo Jeera	Butter/ Ghee Chapati, Green Salad, pickle
Tuesday	BREAKFAST	Hing aloo and flavored poori (plain or masala poori), pickle	Bread, Butter, Jam, Milk, Sugar, Cornflakes, chana, Bournvita, Tea, Coffee,
	LUNCH	Veg tehri pulau, moong-masoor dal , Veg Kolhapuri,Aloo matar, Papad	Butter/ Ghee Chapati, Green Salad, pickle
	SNACKS	Mix Pakoda , chutney	Tea, Coffee
	DINNER	Plain rice, mix dal, Veg Kofta, Aloo Cabbage Matar, Cup cake	Butter/ Ghee Chapati, Green Salad, pickle
Wednesday	BREAKFAST	Idli & Fried Idli , sambhar, nariyal chutney, tamatar chutney	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, chana, Bournvita, Tea, Coffee
	LUNCH	Plain rice, chana dal, aloo chhole, Navrattan Korma, Flavoured Lassi (Rose)	Butter Chapati, Green Salad, pickle
	SNACKS	Bhel Puri, Green Chutney, Red Chutney	Tea, Coffee
	DINNER	Veg biryani/chicken biryani, arhar dal (only veg),Sev tamatar, boondi raita, Rasgulla	Butter/ Ghee Chapati, Green Salad, pickle
Thursday	BREAKFAST	Methi paratha and sabzi	Bread, Butter, Jam, Milk, Sugar, Cornflakes, chana, Bournvita, Tea, Coffee,
	LUNCH	Plain rice, rajma masala, Aloo Tamatar,Gatte ki sabji,Masala Chas	Butter/ Ghee Chapati, Green Salad, pickle
	SNACKS	Noodles, Ketchup	Tea, Coffee
	DINNER	Plain rice, Masoor Dal, Mix veg dry, dum aloo ,Jalebi	Butter/ Ghee Chapati, Green Salad, pickle
Friday	BREAKFAST	Uttapam/ Dosa, Sambhar, coconut chutney	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, chana, Bournvita, Tea, Coffee
	LUNCH	Jira rice, kadhi pakoda, Dry Aloo Masala, Meethi Matar malai, mixed fruits (min 3 types)	Butter Chapati, Green Salad, pickle
	SNACKS	Grilled veg sandwich/ Grilled aloo sandwich, ketchup	Tea, Coffee
	DINNER	Plain rice, Toor daal, Aloo chana, egg butter masala /Paneer do pyaza	Butter/ Ghee Chapati, Green Salad, pickle
Saturday	BREAKFAST	Aloo Pyaz paratha/ Aloo Parantha, curd, pickle	Bread, Butter, Jam, Milk, Sugar, Cornflakes, chana, Bournvita, Tea, Coffee,
	LUNCH	Veg fried rice, manchurian, Dal Makhani, Aloo Soyabeen ,Poodina Chaas	Butter/ Ghee Chapati, Green Salad, pickle
	SNACKS	Aloo chat/ Aloo Tikki, green chutney, and red chutney	Tea, Coffee
	DINNER	Plain rice, chole bhature, Dal Tadka, Achari Aloo, ice-cream (Strawbrery/vanilla/Chocolate 1 scoop)	Butter/ Ghee Chapati, Green Salad, pickle
Sunday	BREAKFAST	Medu Vada, sambhar, nariyal chutney, tamatar chutney	Banana, Boiled egg, Bread, Butter, Jam, Milk, Sugar, Cornflakes, chana, Bournvita, Tea, Coffee
	LUNCH	Barista rice (onion rice), Sambhar, Chilly Potato/ Crispy Potato, Fry Kala chana , lassi	Butter Chapati, Green Salad, pickle
	SNACKS	Pani poori with mashed aloo and chana	Tea, Coffee
	DINNER	Jeera rice, Amritsari dal, Kadhai chicken/Kadhai paneer,Gajar Matar, Gulab Jamun	Butter/ Ghee Chapati, Green Salad, pickle