

SATPURA MESS MENU

W.E.F. 06-11-2017

Day	Breakfast	Lunch	Tea	Dinner
Timing	7:15-9:30 A.M.	12:00-2:00 P.M.	4:30-5:30 P.M.	7:00-9:00 P.M.
Daily	Milk (cold and hot), Brown-Bread, Butter, Bournvita, Coffee powder, ketchup, jam, sandwich filling	Chapati (Plain, Buttered)* , Salad, pickles, Extra mess : Egg/Veg preparation	Drinks	Chapati (Plain, Buttered)*, pickles.
Monday	Jalebi, Poha Bhujia, Cornflakes	Allo-matar Gobhi / Green Pyaz Bhaji with chana Dal, Dal-Makkani, Jeera Rice, Dhali, salad, green chatni, Tawa Roti	Tea	Arhar Dal Tadka, Soya-tomato Rice, Allo Palak / Allo methi, Dry Sewaiya / Milk Sewaiya
Tuesday	Idali, sambar, coconut chutney, Daliya, sprout	Dry Karela allo / Karela with tomato, Boondi raita, Rice, Arhar Daal with Tomato Fry, Jaljeera	Coffee	Kheer, Palak Puri, Allo-tamater-matar Sabji, Lobhiya Daal, Fruit-Pulav with Dry Fruits
Wednesday	Cornflakes, Macaroni, Fruit Chat	Veg-Biryani, Kala Chana, Mixed Raita, Biryani Salad, Green Chatni	Tea	(Chowmein or Maggi / Paasta), Pavbhaji, Gobhi / Stuffed Parata, Tamater Bhurji, Hot Chocolate Shake
Thursday	Suji ka halva, Puri, Allo-tomato-onion Jhool, sprout	Radish-tomato-onion Sabji /Allo-Sem Fhali, Rajma, Jeera Rice, Boondi raita	Tea	Panner Butter Masala, Veg-Peas Pulav, Chana- Arhar Daal, Luki ka halwa, Tandoori roti.
Friday	Stuffed Rice Chilla, Green Chutney, Seasonal Fruit	Khadi-pakoda, Rawa Dry allo-kele ki sabji, Fied Rice, Ruavza	Tea	Rice, Uard-Moong Daal, Sarrso ka saag, Missi roti, Malpuaa Rabdi
Saturday	Aloo-pyazz/gobhi parath, Dahi, Tomato Chutney	Hariyali Pulav, Rava Parval-allo / Lauki Chana Dal, Massor daal, Dhali Tadka, Tawa roti	Coffee	Mix veg, Fried Rice with Vegetables, Dal Palak, Vegetables Soup / Tomato soup
Sunday	Masala Dosa/Uttapam, Sambhar, Coconut Chutney	Kadhai chole, Bhatore, , Dhali Kulche, Fruit Chat, Squash	Tea	Paneer Lababdar / Egg Curry, Jeera rice, Arhar Dal, Honey-Chilli Potato, Kesar Milk, Naan