

SATPURA MESS MENU

W.E.F 8/01/2018

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/White Bread, Butter, Bournvita, Coffee powder, ketchup, jam, Sandwich filling with Spinach/Cabbage Extra messing (Everyday)	Chapati (Plain, Buttered), Salad, Pickles, Green Chutney Extra: Extra messing (Except Sat, Sun)	Snacks (on payment basis)	Chapati (Plain, Buttered), Salad, Pickles, Green Chutney
Monday	Poha-Bhujia/SabudanaKhichadi, Jalebi, Sprout, Cornflakes	Allo-Matar Gobhi, Rajma, Rice, Bondi Raita	Tea	Dry LaukiTamatar/Lauki Chana, Dal Palak, Dry Mitthi sevaiya with Dry Fruits
Tuesday	Kala Chana, SujiHalwa, Puri, Allo-tomato-onion Jhool	Green Pyaz Bhaji with chana Dal, Arhar Dal, Jeera Rice	Coffee	Shahi Paneer/ Dry Baby Corn Peas Masala, Fruit-Pulav with Dry Fruits, Hot Chocolate Milk
Wednesday	Bread roll/Bread Pakoda,Daliya, Fruit Chaat	Bhindi Masala/ Turai Channa / Mix Veg, Soya-matar-Rice, Urad Chilka & Chana Dal	Tea	Aloo-MatarSabji, Methi/Palak Puri, Lobhiya Daal, Kheer
Thursday	MenduVada / Upma, Samber, Coconut chutney, Sprout	Sem Fhali/Allo-Palak, Arhar Dal Tadka, Dhai, Rice	Coffee	Andabhurji + Matar Paneer, Corriender Rice, Dal-Makkani, Moong Dal Halwa
Friday	Fried Maggi/Pasta/Macaroni, Cornflakes, Chutney, Seasonal Fruit	Veg-Biryani (Panner-Gobhi-Payaz-Peace), Kala Chana, Mixed Raita, Biryani Salad, Green Chatni, Dhai Puri	Tea	Masala Dosha/Utapam, Fried Idali, Lemon Rice, Sambhar, Moong-Chana Daal, Coconut Chutney, Tomato Soup, Milk Cake
Saturday	Methi paratha/Gobhi paratha, Dahi, Green chutney	Methi Allo, Jeera-onion-tomato-rice, Uard-Moong Daal, Boondi Raita	Coffee	Kadhai Paneer, Peas Pulav, , Masur Daal, Honey-Chilli Potato, Shahi Toast
Sunday	Stuffed BeshanChilla/Makkeki roti, Tomato Chutney, Green chutney Cornflakes	Kadhai Chole, Bhature, Dhai, Kulche, Fruit Chat	Tea	Tawa Sabji, Hariyali Pulav, Gazar ka halwa, Vegetable Soup, Dal Arhar (Fry with Jeera+Tomato)