



W.e.f. 16. Feb. 2019

Day	BREAKFAST
Mon	Palak Puri, Aloo Tomato Pea Sabzi, Kheer.
Tues	Idli & Masala Idli, Wada (2 pieces), Sambar, Coconut Chatney or Paw Bhaji, Sauce.
Wed	Aloo/Gobhi Onion Paratha, Green/Tomato Chatney or Veg. Maggi, Ketchup.
Thrus	Veg. Uttapam, Sambhar, Coconut Chatney or Veg. Poha, Moat Sabjee/Sev (with chopped tomato & onion), Sauce.
Fri	Moong Dal Chilla (with coriander), Imali Chatney or Sewai Upma, Sambhar, Ground Nut Chatney.
Sat	Onion Masala Dosa, Sambhar, Ground Nut Chatney or Veg Chowmin, Sauce.
Sun	Mysore Masala Dosa, Sambhar, Coconut Chatney or Pongal, Sauce.

Day	LUNCH
Mon	Arhar Dal, Kadhi Onion Pakoda, Aloo beans bhujia, Rice, Roti, Salad.
Tues	Masoor Dal, *Cabbage mater Sabji, Nabaratan Pulav, Roti, Masala Chhach.
Wed	Dal Makhani, *Aloo Sem Sabji, Rice, Roti, Salad.
Thrus	Mix Dal, *Aloo chana Brokali Sabji, Rice, Roti, Veg. Raita.
Fri	Palak dal, Rajma sabji, rice, Roti, Salad.
Sat	Dal Tadka, Rice, Aloo Baigan Bharta, Khichdi, Roti, Curd (1 katori).
Sun	Moong dal, Sweet corn Gobhi Mater veg, Kashmiri pulao, Roti, French fry.

Day	DINNER
Mon	Masoor dal, *Aloo Gobhi Latpta, Zeera Rice, Roti, Salad.
Tues	Dalma, Dum Aloo, Rice, Plain paratha, green chatney + Sabudana Kheer.
Wed	Chana dal tadka, Rice, Aloo fry, Panner or Chicken items, Biryani, Ghee Roti+ Nobel Papad, Fruit Custered / Gulab jamun.
Thrus	Arhar daal, *Mixed veg. dry Sabji, rice, Roti + Salad.
Fri	Arhar Dal, Tawa veg. fry (without Aloo), Rice, Butter Roti + Salad.
Sat	Moong dal, *Chole-Bature/Aloo chana Sabji, Masala puri, Zeera rice, + Sewiyan.
Sun	Mix Dal, Chilli chop (2pcs each), Rice, Egg (1 pc) Curry or Veg. kofta (1pcs), Ghee Roti.

1. Daily Wheat Breads (10x10x1cm) 7pcs + Jam + Butter 1pc will be there in Breakfast.
2. Plain Rice (Raw and Boil) Pickle, Lemon, Onion, Boil and Jain food will be there every day in lunch and dinner.
3. Rasam and Sambar will be served in alternately in Lunch and Dinner.
4. Potato cannot be used more than 10 % in any Sabji\*.
5. Menu is subjected to availability of raw materials.
6. Symbol **or** indicates only one item can be taken and / indicates it will be served alternately.
7. Second breakfast (**or**) must available from timing 7:15-9:30 am on weekdays and 7:30-10:00 am on Weekends/Holidays.

Mess Manager  
(Dilip Paul)

*Dilip Paul*  
15/02/19

Mess Convener  
(Vinod Kumar Vishwakarma)

*Vinod Kumar*  
15/02/2019