

Yuktahar Mess Menu

Monsoon 2016

Day	Breakfast	Lunch	Snacks	Dinner
Monday	Idly-Sambar, Ragi, Karam podi	Masoor Dal, Lauki, Kadi, Vegetable Pickle	Sabudana Khichdi, Curd	Mix veg, Moong Dal
Tuesday	Vegetable Upma, Rajgira, Badam Milk	Veg Pulav, Choley,Cabbage, Till Chutney	Sweet Corn	Karela, Mix Dal, Groundnut Chutney
Wednesday	Poha , Sprout Masala, Ragi,	Paneer Masala, Tooar Dal, Capsicum	Boiled Peanut, Lemon Juice	Lobiya, Lauki, Tomato Rice, Suji Halwa
Thursday	Rajgira, Ragi Idly-Samdar, Sweet Lassi	Mix Veg, Tooar Dal, Bajra Roti, Groundnut Chutney	Murmura, Butter Milk	Turai, Moong Dal, Poolihara
Friday	DaliyaUpma, Sprout Masala, Ragi,	Rajma, Aloo Gobi Sweet Daliya/Lauki Halwa, Gongura Pickle	Sabudana Khichdi, Curd	Kandagadda, Tooar Dal,
Saturday	Vegetable Poha, Badam Milk, Rajgira,	Lobiya, Cabbage, Curd Rice, Curryleaf Chutney	Chivda, Lemon Juice	Paneer Masala, Karela, Moong Dal
Sunday	Ragi, Semiya(Lemon)	Whole chana Dal , Pumpkin, Jowar Roti, Sweet Pongal/ Rice, Tomato Chutney	Masala Corn	Gawar phali, Tooar Dal, Masala Khichdi

Common items everyday:

Breakfast: Badam, Sprouts, Milk, Lassi, Seasonal Fruit

Lunch and Dinner: Roti, Khichdi, Rice, Rasam, Buttermilk, Salad

For Monthly Registrants:

Snacks in evening 5:00-6:00 PM

Milk in night 9:15 -10:00 PM