



Hostel & Mess Council
31-7-2024

Mess Timings for IIT Palakkad (All Messes) (Wef 31/07/2024)

Particulars	Timings	Timings (On institute holidays)
Breakfast	07:20 - 09:30	08:00 - 10:00
Lunch	12:00 - 14:15	12:30 - 14:30
Snacks	16:30 - 18:00	16:30 - 18:00
Dinner	19:00 - 21:00	19:00 - 21:00

NOTE: Strict adherence to meal timings (especially during dinner) is expected from fellow members of the institute.



	Breakfast	Lunch	Snacks	Dinner	
Common	bread, butter, jam, milk, tea, coffee, sprouts/chana, seasonal fruit	Pickle ,papad,mix salad, Onion, White rice, Lemon, Ghee	tea, coffee, sugar	Appalam, Mixed Salad, Pickle (Mango/Chili/Mix)	
Monday	Aloo paratha, Ketchup, Curd, Non-Veg: Boiled Egg Veg: Pineapple, Mint & Coriander Chutney	Puri, Chana masala, Toor dal fry, Mix veg curry, Seasonal fruit (watermelon), Kerala rice, curd & sugar	instant noodles, Tomato ketchup	Veg: Mutter Paneer Masala, Non-Veg: Egg Gravy, White Rice, Chana dal tadka, Chapati, Makkan Peda	
Tuesday	Pongal, vada, Ground nut Chutney, Non-Veg: Omelette; Veg: Orange,	Payar dry, sambar, Aloo Gobhi curry, Fresh Fruit Juice, Kerala rice, Chapathi	Fresh fruit salad, Lemon juice, (No milk, coffee and tea).	Arhar Dal tadka, Aloo 65, Kadhi Pakoda White rice, Chapati, kheer	
Wednesday	Masala Dosa, Tomato Chutney, Sambar, Non-Veg: Boiled Egg; Veg: Banana, peanut butter	Baigan masala, Sambar, cabbage tomato curry, chapathi, Kerala rice, spiced buttermilk	Masala Channa	Veg: Hyderabadi Paneer Dish, Non-Veg: Hyderabadi Style Chicken masala, white rice, Moong dal, Lachha Paratha, Laddu, Lemon	
Thursday	Puri, Semi-dry black Chana masala, Non-Veg: Omelette; Veg: Pineapple	Soya Masaala, Rasam, Tomato rice, Onion Raita, Palak Chapati	Tikki chat	Bisi bele bath, Yam with chana dry, chapathi, aloo matar curry, Rasam, White rice, icecream	
Friday	Idly, Vada, sambar, coconut chutney, Non-veg: Boiled Egg, Veg: Banana	Rajma masala, Bottle Guard Sambar, Kerala rice, Phulka, Minty Buttermilk	Pungulu with coconut chutney	Non Veg: Chicken Gravy; Veg: Paneer Butter masala, pulao, Mix dal, Chapathi, Kesari(Rawa), mango pickle, Lemon	
Saturday	Gobi Mix Veg Paratha, Green Coriander chutney, Peanut Butter, Non Veg: Boiled Egg, Veg: Musk Melon	Drum Stick-Tomato gravy, Dal Makhni, Fried aloo, Phulka, Rasam, curd & sugar	Mirchi bajji, Chutney, Cold Coffee	Dal makhani, Aviyal, mushroom masala, Tomato rice, Phulka, custard	
Sunday	Onion Rava dosa, Tomato chutney, Sambar, Non-Veg: Boiled egg; Veg: Guava	Non-Veg: Chicken Butter Masala; Veg: Paneer - Semi Dry-Masala, Chapati, Veg Briyani, Raita, Fresh Fruit Juice	Vada Pav	Aloo Masala, Poori, Green vegetables with beans, Arhar Daltadka, White Rice, gulab jamun	
Week 1 and 3					
Everything is veg unless mentioned otherwise					

