

Mess Menu

| DAY | BREAKFAST | LUNCH | SNACKS (L) | DINNER |
|------------------|---|---|--|--|
| MONDAY | PavBhaji/Omlette(L), Bread, (Peanut Butter/ Butter/ Jam)*, Sprouts, Tea/Milk/Coffee, Cornflakes/Bournvita, Fruit(L) | Rajma, Lauki, Plain & Butter Roti, Jeera Rice, Salad, Achaar, Masala Chach (L), Papad (L), Besan Chakki(L) | Hara Bhara Kabab, Ketchup, Tea/ Rasna | Mix Veg, Plain & Butter Roti, Dum Biryani, Arhar Dal, Salad, Achaar, Ice Cream(L) |
| TUESDAY | Namkeen Poha, Bread, (Peanut Butter/ Butter/ Jam)*, Sprouts, Tea/Milk/Coffee, Cornflakes/Bournvita, Fruit(L) | Matar Paneer, Dal Fry, Plain & Butter Roti, Plain Rice, Salad, Achaar, Boondi Raita(L) | Fried Idly, Coconut chutney, Coffee/ Roohafza | Aaloo Tamatar, Puri, Chana Dal, Plain Rice, Salad, Achaar, Sewaiyan (L) |
| WEDNESDAY | Chole Kulche, Omlette(L), Sprouts, Bread, (Peanut Butter/ Butter/ Jam)*, Tea/Milk/Coffee, Cornflakes/Bournvita, Fruit(L) | Nutri Soyabean, Dal Makhani, Pudina Rice, Plain & Butter Roti, Salad, Achaar, Boondi Raita(L), Coconut Barfi(L) | Patty, Ketchup, Tea/Nimboo Pani | Manchurian with gravy, Fried Rice, Plain & Butter Roti, Mix Dal, Salad, Achaar, Gulab Jamun (L) |
| THURSDAY | Sambhar Vada with Chutney/ Boiled Egg(L), Sprouts, Bread, (Peanut Butter/ Butter/ Jam)*, Tea/Milk/Coffee, Cornflakes/Bournvita, Fruit(L) | Kadhi Pakora, Aloo Fry, Plain Rice, Plain & Butter Roti, Salad, Achaar, Papad (L) | Stuffed Kulcha, Ketchup, Tea/Rasna | Paneer Do Pyaza, Lobiya Daal, Jeera Rice, Plain & Butter Roti, Salad, Achaar, Papad (L), Ice Cream(L) |
| FRIDAY | Uttapam/ Omlette(L), Sprouts, Bread, (Peanut Butter/ Butter/ Jam)*, Tea/Milk/Coffee, Cornflakes/Bournvita, Fruit(L) | Sev Tamatar, Arhar Daal, Plain Rice, Plain & Butter Roti, Salad, Achaar, Papad (L), Sooji Halwa(L) | Namkeen Sewaiyan, Ketchup, Coffee/ Nimbu Paani | Chole Masala, Black Masoor Dal, Plain & Butter Roti, Jeera Rice, Salad, Achaar, Boondi (L) |
| SATURDAY | Sambhar Idli with Chutney/ Boiled Egg (L), Sprouts, Bread, (Peanut Butter/ Butter/ Jam)*, Tea/Milk/Coffee, Cornflakes/Bournvita, Fruit(L) | Aloo pyaaz Paratha, Matar Sabzi, Garlic Chutney, Biryani, Salad, Achaar, Plain Curd (L) | Pasta, Ketchup, Tea/Thandai | Kadhai Paneer, Dal Tadka, Plain & Butter Roti, Matar Pulao, Salad, Achaar, Moong Dal Halwa(L) |
| SUNDAY | (Samosa(L),Jalebi)/ Omlette(L), Sprouts, Bread, (Peanut Butter/ Butter/ Jam)*, Tea/Milk/Coffee, Cornflakes/Bournvita, Fruit(L) | Chole Bhature, Plain & Butter Roti, Fried Mirchi, Jeera Rice, Salad, Achaar, Lassi(L) | Namkeen Poha, Chutney, Coffee/Roohafza | Aloo Capsicum, Panch Ratan Dal, Masala Pulao, Plain & Butter Roti, Salad, Achaar, Papad (L), Shahi Toast (L) |

L - Limited , Salad - (Beetroot, Tamatar, Cucumber, Carrot)

*- Maximum 20gm

Note: Patty will be served on trial basis till further notice

Bhavana
Mess-B
9/09/24

Omisha
MESS-ABC
09/09/2024

Adarsh
ADARSH MISHRA
CoSHA

Ashish
ASHISH HOYER
CoSHA