

### Mess Menu

DAY	BREAKFAST	LUNCH	SNACKS(L)	DINNER
MONDAY	Fruit(L), PavBhaji/Omelette(L) , (Bread, Butter/Jam) Sprouts, Tea/Milk/ coffee/ Juice(TetraPack)(L), Cornflakes/Bournvita	Rajma, Lauki Sabzi, Plain & Butter Roti, Jeera Rice, Salad, Achaar, Papad (L), Masala Chach(L), Seviyan Kheer (L)	Cutlet, Coffee/Rasna	Aloo Tamatar, Puri, ChanaDal, Plain Rice, Salad, Achaar, Rice Kheer(L) <i>Roti (Butter/Plain)</i>
TUESDAY	Fruit(L) , Namkeen poha, (Bread, Butter/Jam) Sprouts, Tea/Milk/ coffee/ Juice(TetraPack)(L), Cornflakes/Bournvita	Paneer ButterMasala, Dal Fry, PlainRice, Plain & Butter Roti, Salad, Achaar, Veg Raita(L)	Dabeli, Tea/Nimbu Pani	Dum Aloo, Masoor Dal, Matar Pulao, Plain & ButterRoti, Salad, Achaar, Gulab Jamun(L)
WEDNESDAY	Fruit(L) , Sambhar Vada/Boiled Egg(L), Chutney ,(Bread, Butter/Jam), Sprouts, Tea/Milk/ coffee/ Juice(TetraPack)(L), Cornflakes/Bournvita	Nutri Soyabean, Dal makhani, Pudina Rice, Plain & Butter Roti, Salad, Achaar, Raita (L), rice kheer(L)	Fried Idly, Coconut chutney, Coffee/Jaljeera	Aloo capsicum, Dal Tadka, Plain & ButterRoti, Plain Rice, Salad, Achaar, Sahi toast(L)
THURSDAY	Fruit(L) , Chole Kulche, Boiled Egg(L), (Bread, Butter/Jam), Sprouts, Tea/Milk/ coffee/ Juice(TetraPack)(L), Cornflakes/Bournvita	Aloo Fry, Kadhi Pakora, Plain & Butter Roti, Plain Rice, Salad, Achaar, Papad (L)	Bhelpuri, Ketch up, Tea/Thandai	Paneer do Pyazaa, Lobiya Daal, Plain & Butter Roti, Jeera Rice, Salad, Achaar, Papad (L), Ice Cream(L)
FRIDAY	Fruit(L) , Aloo Pyaaz parantha/Omelette(L), (Bread Butter/Jam), Sprouts, Tea/Milk/ Juice(TetraPack)(L), Cornflakes/Bournvita	Malai Kofta, Arhar Dal, Plain & Butter Roti, Plain Rice, Salad, Achaar, boondi Raita(L), Rabdi(L)	Kachori, Ketchup, Coffee/ Nimbu Paani	Chole Masala, Dal Fry, Butter Roti & plain Roti, fried Rice, Salad, Achaar, Boondi(L)  <i>Mess - 'A'</i>

*Shivani  
COSHAA  
member*

*Shivani*

*ASTORIA INC.  
MAR. 21/24*

*31-07-24*

<b>SATURDAY</b>	Fruit(L) ,Sambhar Idli/Omelette (L), Chutney, (Bread, Butter/Jam), Sprouts, Tea/Milk/ coffee/Juice(TetraPack)(L) ,Cornflakes/ Bournvita	Daal(Moong daal or Chana dal alternate) Paratha, Matar Sabzi, Garlic Chutney, Biryani, Salad, Achaar, Plain Curd (L)	Bread Pakora, Ketchup, Tea/Rasna	Paneer Lababdar, MoongDaal, Plain & Butter Roti, Plain Rice, Salad, Achaar, Moong dal Halwa(L)
<b>SUNDAY</b>	Fruit(L), (Samosa (L), Jalebi(L))/ Omelette(L), Chutney, (Bread, Butter/Jam), Sprouts, Tea/ Milk/ coffee/ Juice(TetraPack)(L), Cornflakes/Bournvita	Chhole Bhature, Butter Roti, Salad, Plain rice, Mirch Achaar, Lassi(L)	Namkeen Poha, Chutney. Coffee/Roohafz a	Mix Veg, Arhar Dal, Plain & Butter Roti, Veg Biryani, Salad, Ice cream (L)

*Shivansh*  
(COSMAA)  
member

*Bhaurao*  
for ASTOR INC.  
31/07/24

Mess-LA'  
*[Signature]* 31-07-24