

VIT UNIVERSITY BHOPAL MONTHLY MENU : April - May 2021						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (North Indian)						
Idli sambhar	Aloo Paratha	Uthpam,Sambhar	Methi Paratha, Veg Khorma	Phoha, jalebi / Idli sambhar	PLAIN DOSA,	PAV BHAJI/ pongal, vada
vada kara chutney	Curd	coriander chutney	Curd,Pickle	onion, lemon	SAMBHAR CHUTNEY	Onion, Pickle/sambhar, chutney
Bread, Butter, Jam	Bread, Butter, Jam	Bread, Butter, Jam	Bread, Butter, Jam	Bread, Butter, Jam	Bread, Butter, Jam	Bread, Butter, Jam
Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk
Banana	Mixed Fruit, Egg	Banana	Banana	Mixed Fruit Salad	Banana, Egg	Mixed Fruit Salad
LUNCH (North Indian)						
Cucumber Salad	Green Salad	Chickpea Salad	Chopped Salad	Kosambari Salad	Ring Onion Salad, lemon	Hydrabad Dum Biryani
Chappathi	Chappathi	Chappathi	Chappathi	Aloo 65 / Fryams	Bhature	Paneer Biryani
Veg Patiyala	Veg Shukto/Mix Veg	Veg Mutter Masala	Bhindi Jaipuri Masala	Chappati, Veg Do Pyaza	Masala Chhole	Onion Raitha, Lemon
White Rice	White Rice	White Rice	White Rice	White Rice	Jeera Rice	Chapati
Rajma	Dal Makahani	Channa Dal	Masala Dal	Panchmal dal	Garlic Dal	Mint Lemon Juice
Butter Milk	Curd	Fruit Custard	Curd	Rajasthani Pakorda Kadi	Curd	
LUNCH (south Indian)						
Carrot Beans Poriyal	Kootu	Potato Poriyal	Aviyal	White Rice	Tendle Poriyal	Paneer Kolhapuri
Radish Sambar	Kara Kulambu	More Kulambu	Brinjal Sambar	More Kulambu	Mix Veg Sambar	
LUNCH (Jain style food)						
Shai Kurma	Dal Makhani	Veg Mix Masala	Shai Capsi Veg	Panchmel Dal	Channa Masala	Rajasthani Kadi
SNACKS						
Vada Pav	Papri chhole	Dabeli	Bhel Puri	Samosa	Bread Pakorda	Masala Vada
Green & red chutney	Finely chopped onion	Green Chutney		Turmind Chutney	Coriander chutney/red sauce	Coconut Chutney
DINNER						
Chopped Salad	Mixed Salad	Hot & Sour Soup	Green Salad	Coriander Soup	Sproud Salad	Tomato Soup
Chappathi	Egg Latpata Masala	Chappathi	Veg Chettinad	Schezwan fried rice	Chappathi	Palak/Masala Corn
Gobi Manchurian	Chappathi	Paneer makhani	Chennai Parotta	Dragon Paneer	Jaipuri Veg Masala	Ghee rice
Basanti Pulao	Mix veg	White Rice	Chennai Khuska	Lemon Chicken	White Rice	Paratha
Dal Panchratan	White Rice	Chicken Jalfrezi	Door Dal Thadka	Chappathi	Yam Channa Masala	Fried Papard
Pineapple Halwa	Punjabi Dal	Tomato Dal	Egg Podimass	Gajar ka Halwa	Masala Egg Bhurji	Channa Daal Tardka
Jain style food (Dinner )						
Jain Dal	Dal Panchratan	Shai Paneer	Dal Thadka	Paneer Dal Curry	Veg Masala	Potato Capsicum
	HIGHLIGHTS					
1	Bread , Butter , Jam, should be provided daily in the breakfast					
2	100 gms of fruit or 1 no banana will be provided EVERY DAY					
3	120 ML..Milk, Coffee,Tea should be provided daily in the breakfast and snacks .					
4	Tea should be serve ginger/cardamom on alternative days					
5	paneer of 50GMS grams will be given					
6	ALL SNACKS 100GMS PER HEAD					
7	chicken 100gms will be given per head					
8	Jeeravan Masala Seasoning should be provided with Eggs and Poha					