

VIT UNIVERSITY BHOPAL MONTHLY MENU : Nov-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Idli, Vada	Mixe Paratha/Aloo Paratha	Poha & Jalebi	Poori	Uthappam	Chole Bhature	Pav Bhaji and Pongal
Sambar & Kara Chutney	Curd and Tomato Sauce	Chutney	Aloo sabzi & Pickle	Sambar, Kara 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		Banana	Banana	Banana		
Boiled Egg	Fruit Salad		Boiled Egg		Fruit Salad	Fruit Salad
BREAKFAST (south Indian)						
aloo chokha	Carrot, Onion & Cucumber	Fryams	Chopped Salad & Papad	Kachumber Salad	Fryams	Onion & Lemon
chapati	Chappathi	Chappathi	Chappathi	Poori	Kitchedi	Aloo 65
Rajma	Dry french beans and aloo	Sev Tamatar (thick gravy)	Dum Aloo	Aloo Mutter Capsicum Masala	Channa Masala	Chappathi
White Rice	White Rice	White Rice, Sambar	White Rice	Tamirind Rice	Chappathi	White Rice
Masoor Dal	Jain Dal	Rasam	Dal Makhani	Green Dal		Pakoda Kadi and Dal
Curd	Butter Milk	Curd	Curd	Rice Kheer	Curd	Curd
LUNCH (south Indian)						
Lemon Rice	Tamarind Rice	Coconut Rice	Pudina Rice	Chappathi	Curd Rice	Sambar Satham
Radish Sambar	Kara Kulambu	NIL	Brinjal Sambar	Morru Curry	Mix Veg Sambar	Sambhar
Rasam, Pickle	Butter Milk, Pickle	Butter Milk, Pickle	Rasam, Pickle	Rasam, Pickle	Butter Milk	Butter Milk
Shai Kurma	Dal Makhani	Veg Mix Masala	Shai Capsi Veg	Panchmel Dal	Channa Masala	Rajasthani Kadi
SNACKS						
Vada Pav x 2 and fried chilli	Dahi Wada	black chana chat	Masala Noodles	Hara bhara kabab	Kachori	Medu Vada
Green Chutney & Pav masala	Green Chutney & mithi imly chutney	lemon	Tomato Sauce	tomato sauce	imli chutney	Coconut Chutney
DINNER						
Tomato Soup	hot and sour Soup	Sweet Corn Soup	tomato Soup	hot and sour Soup	Sproud Salad	Chicken Biryani
Chappathi	Chappathi	Chappathi	Channa Khurma	Ghee Paratha	Chappathi	Veg fried rice
Baingan Bharta	Malai Kofta	Kadai Paneer	Ghee Paratha	Paneer Butter Masala	Jaipuri Dal	Chilli Paneer (dry)
Jeera Rice	Veg Pulao	White Rice		White Rice	White Rice	Chappthi
Punjabi Dal	Dal Panchratan	Chicken Jalfrezi	White Rice	Pepper Chicken	Dry Bhindi	Onion Raitha
Gulab Jamun		Tomato Dal	Dal Fry		Brown Sooji Halwa	
DINNER (JAIN)						
Jain Dal	Dal Panchratan	Shai Paneer	Dal Thadka	Paneer Dal Curry	Veg Masala	Paneer Kolhapuri