

Hostel & Mess Council 16-03-24

## Mess Timings for IIT Palakkad (All Messes) (Wef 22/01/24)

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.

	Diedkiast	Lunch	Ollacks	Diffiel	
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, <b>Non-Veg:</b> Boiled Egg Veg: <b>Veg:</b> Pineapple, Mint & Coriander Chutney	Payar dry, Kadhi pakoda, Tamilnadu sambar, Fresh Fruit Juice, Kerala rice, Phulka	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,	Chola Bhatura, Toor dal fry, Seasonal fruit(watermelon), Veg Jalferzi, Lemon rice, curd & sugar	Fresh fruit salad, Lemon juice, (No milk, coffee and tea).	Dal makhani, Bhindi Fry, Veg Manchurian, White rice, Fried Rice, Chapati, kheer	
Wednesday	Masala Dosa, Tomato Chutney, Sambar, Non-Veg: Boiled Egg; Veg: Banana, peanut butter	Bhindi masala, Baigan Bharta, Chana Dal Tadka, chapati, veg Pulao, phulka, spiced buttermilk	Masala Channa	Veg: Hyderabadi Paneer Dish, Non-Veg: Hyderabadi Style Chicken masala, white rice, Moong dal, Lachcha Paratha, Laddu, Lemon	
Thrusday	Puri, Semi-dry black Chana masala, Non-Veg: Omelette; Veg: Pineapple	Soya Masala, Masoor Dal, Rasam, Tarmarind rice, Palak Chapati, curd & sugar	Tikki chat	Veg paratha, Jeera rice, Green leafy vegetable dal, icecream, Curd, sugar, green chuteny	
Friday	Idly, Vada, sambar, coconut chutney, Non-veg: Boiled Egg, Veg: Banana	Rajma masala, Bottle Guard Sambar, Kerala rice, Phulka, Minty Buttermilk	Pungulu with chutney	Non Veg: Chicken Gravy; Veg: Paneer Butter masala, pulao, M Chapathi, Kesari(Rawa), mango pickle, Lemon	lix dal,
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	Arhar Dal tadka, Aviyal; mushroom masala, Jeera rice, Phulka, custard	
Sunday	Onion Rava dosa, Tomato chutney, Sambhar, 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	

Snacks

Dinner

Lunch

Breakfast

	Breakfast	Lunch	Snacks	Dinner	
Common	bread, butter, jam, milk, tea, coffee, sprouts/chana, seasonal fruits	Pickle ,papad,mix salad, Onion, White rice, Lemon, Ghee	tea, coffee, sugar	Appalam, Mixed Salad, Pickle (Mango/Chili/Mix)	
Monday	Aloo paratha, Ketchup, Curd, <b>Non-Veg:</b> Boiled Egg, <b>Veg:</b> Pineapple, Mint & Corrainder Chutney	Kadhi pakoda, Aloo Gobi, Arhar Daltadka, Kerala rice, Phulka, Fresh Fruit Juice	Macroni	Veg: Paneer Biryani, Non-Veg: Egg Biryani, Raita ,Mutter masala, Chana dal tadka, Phulka, Makkan Peda, White rice	
Tuesday	Upma, Coconut chutney, Non-Veg: Boiled egg; Veg: Orange,	Chola Bhatura,Toor dal fry, watermelon, Veg Jalferzi, Lemon rice, Curd & sugar	Bread pakora and sauce	Dal makhani, Bhindi Fry, Veg Manchurian (Semi dry Fried Rice, Chapati, Dal paysam	y), White rice,
Wednesday	Vegetable Uttapam, Coconut Chutney, Sambar, Non-Veg: Boiled egg; Veg: Guava, peanut butter	Bhindi masala, Dondakaya fry with peanuts, Chana Dal Tadta, veg Pulao, phulka, spiced buttermilk	Grilled Sandwich, Tomato ketchup	Veg: Mutter paneer masala, Non-Veg: Hyderabadi Style Chicken masala, white rice, Moong dal, Lachcha Paratha, Laddu, Lemon	
Thrusday	Puri, Semi-dry black Chana masala, Non-Veg: Omelette; Veg: Pineapple	Soya Masala, Masoor Dal, Rasam, Tarmarind rice, Palak Chapati, Minty Buttermilk	Cutlet & Tomato Ketchup	Chilly potato, Veg paratha, Dal with green leafy vegetable, icecream, Curd, sugar, green chutney, White Rice	
Friday	Fried Idly, Vada, coconut chutney, <b>Non-Veg:</b> Boiled Egg; <b>Veg:</b> Banana	Musturd raw banana gravy, Rajma masala , Bottle Guard Sambar, Kerala rice, Phulka, Curd & Sugar	Pani Puri	Non Veg: Chicken Gravy; Veg: Paneer Butter mas dal, Chapathi, Kesari(Rawa), mango pickle, Lemon	
Saturday	Semiya kichadi, Groundnut-Chutney, Peanut Butter, Non-veg: Omelette, Veg: Musk Melon	Dal Makhni, Drum stick + tomato, Jeera Aloo, Phulka, Rasam, curd & sugar	Samosa, Tomato ketchup, Cold Coffee	Arhar Dal tadka, Aviyal, Babycorn masala, Phulka, Jeera Rice, Kheer	
Sunday	Podi Dosa, Coconut Chutney, Sambar, Non-Veg: Boiled Egg; Veg: Banana	Non-Veg: Chicken Biryani, Veg: Mushroom Biryani, Chana dal tadka, Raita, Fresh Fruit Juice	Pav Bhaji	Aloo masala, poori, Arhar Daltadka, White rice, Curd rice, gulab jamun	
			Week 2 and 4	Everything is veg unless mentioned otherwise	