

Menu of Food to be Served in IIT (ISM) Hostels

Day/Time		BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Common	Bread Toast + Butter + Jam +Tca	Rice + Roti + Chana Dal + Seasonal Green Veg Curry+ Gulab Jamun (50g)	<i>Tea with two biscuits of leading brands like Britannia</i>	Roti+rice+Mix Veg+Dal Tadka+Kesar Milk (200ml)/Ice- Cream(100ml)
	Non - Veg	Boiled Egg (2)	Chicken Do Pyaza (100gm)		
	Veg	Vegetable Cutlet (2) + Milk (200ml)	Paneer Butter Masala/Palak Paneer		
TUESDAY	Common	Idli/Vada+Sambh ar+Chatni(Ground Nut/Chana Dal) +Coffee	Rice + Roti + Arhar Dal + Seasonal Green Vegetable Curry + Potato Finger Chips + Tomato Sauce + Fruit	<i>Tea with two biscuits of leading brands like Britannia</i>	Matar Paneer/Chil Paneer+Roti+Veg Pulaw+Seasonal Green Veg Curry+Cold Drink/Lassi/Milk (200ml)
	Non - Veg				
	Veg				
WEDNESDAY	Common	Puri & Sabji/ Bread sandwitch +tea	Rice+Roti+Dal Makhani+ Seasonal Green Vegetable Curry+Rasgulla(50 gm)	<i>Tea with two biscuits of leading brands like Britannia</i>	Stuffed Kachori + Aloo Dum/Chana Masala + Chatni(Red+Greer + Sewai
	Non - Veg		Egg Curry (2)		
	Veg		Malai Kofta/Navratan Korma		
THURSDAY	Common	(Poha+Jalebi+Sau ce)/(Paw Bhaji)+Coffee	Rice+Roti+Kadhi Badhi+Seasonal Green Veg+Veg Pakoda/Pyaj Pakoda +fruit	<i>Tea with two biscuits of leading brands like Britannia</i>	Gatte ki sabji+ Ric +Roti+Dal Fry+Seasonal Gre Veg Curry+Curd
	Non - Veg				
	Veg				

FRIDAY	Common	Sauces + tea	Zeera-Rice+Roti+Chana Dal Tadka+Papad(2) +Sweet(50g)	Tea with two biscuits of leading brands like Britannia	Butter Roti+Rice+Dal Makahani+(Palak)/(Seasonal vegetable)Aloo+Kheer
	Non - Veg	Bread Omelet (2 eggs)	Fish Curry(100 gm)		
	Veg	Bread Pakoda/Sandwich +seasonal fruit(1)	Stuffed Capsicum/Tomato(1p)/Kashmiri Aloo Dum		
SATURDAY	Common	(Uttapam+Sambar+Chatni)/(Chole Kachauri) + Coffee	Rice+Roti+Veg Kofta(1)+Mix Veg+Papad+Curd+ Fruit	Tea with two biscuits of leading brands like Britannia	Plane Paratha/Roti+Seasonal Green Veg Curry+Zeera-Rice+Rasgulla(50 gm)
	Non - Veg				Chicken Curry(150gm)
	Veg				Kadhai Paneer(100gm)
SUNDAY	Common	(Samosa(2 pieces, 100 gm each) +Jalebi)/(Aaloo paratha) + chatni + tea	Plain Puri/Roti+Aloo Zerra/Aloo Dum+Bundi Rayta+Halwa	Tea with two biscuits of leading brands like Britannia	Rice+Methi Paratha+Rajma/Kala Masoor+Seasonal Green Vegetable Curry+Dahi-Bada(100gm)
	Non - Veg		Chicken Biryani (Chicken 2pieces, 100gm)		
	Veg		Veg Biryani(with Paneer)		

Special dinner on three days in each semester shall be served to the inmates of the hostel.