

Yuktahar (Student Mess) Winter Menu – w.e.f 6th Jan 2020

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	ITEM1	Raagi Idly with Sambhar	Veg. Upma	Poha	Dalia Upma	Idly with Sambhar	Semiya Upma	Vegetable Poha
	ITEM2	Ragi	Rajgira	Masala Sprouts	Masala Sprouts	Raagi	Rajgira	Raagi
	ACCOMPANIMENTS	Sweet lassi	Putana Powder	Rajgira	Raagi	Sambhar	Badaam Milk	Sambhar
		Karampodi		Badaam Milk	Sweet lassi	Ginger chutney	Dhaniya Chutney	
	DAILY	Badaam, Sprouts, Daliya, Coconut Chutney, Seasonal Fruit, Milk, Butter Milk						
LUNCH	RICE	Veg. Rice	Brown Rice	Rice	Rice	Brown Rice	Curd Rice	Masala Rice
	Vegetable	Lauki	Patta Gobhi (Cabbage)	Beetroot Poriyal	Aaloo Methi	Pumpkin	Palak Aloo	Capsicum
	Dal/Sambhar/Rasam	Sambhar/Rasam	Green whole Moongdal Tadka [with&without onion]	Masoor Dal	Sambhar/Rasam	Mah chhole	Dal Fry - Toor [with&without onion]	Sambhar/Rasam
	Extra Item	Chhole	Sambhar/Rasam	Sambhar/Rasam	Palak Paneer	Dahi Kadhi	Sambhar/Rasam	Rajma [with&without onion]
	Sweet	Rawa Laddu		Dalia Sweet			Sweet Custard	Kheer (Rice Pudding)
	Roti	Methi Roti	Roti	Palak Roti	Roti	Roti	Bajra Roti	Roti
	Chutney	Tomato Chutney		Gongura Pickle		Dosakai Chutney		Dhaniya-Onion Chutney
SNACKS	ITEM	Uttapam with groundnut chutney	Mamra (Murmura)	Sabudana khichdi with curd	Sweet/Masala Corn with hot milk	Chilla with mint chutney	Poha with coriander chutney	Moth Beans (Ramas) Chat with curd
DINNER	RICE	Brown rice	Curd Rice	Mint rice	Coconut Rice	Rice	Pulihora	Masala Khichdi (With veggies)
	Vegetable	Bhindi [with&without onion]	Karela	Gawar/France Phali	Lauki	Bharwa Baigan	Gobhi Matar Aloo Curry [with and without onion]	Matar Paneer
	Dal	Leafy Toor Daal	Toor dal [with&without onion]	Laubiya [with and without onion]	Sabut moongdal [with&without onion]	Daal Makhni	Toor Dal Tadka	Yellow Moong Dal
	Extra Item	Sambhar/Rasam	Soyabean Chunks	Sambhar/Rasam		Sambhar/Rasam	New/Experimental Dish	Sambhar/Rasam
	Sweet		Aata Halwa		Suji Halwa			
	Roti	Roti	Methi Roti	Roti	Palak Roti	Roti	Roti	Roti
	Chutney			Donda Chutney		Curry leaf chutney		Dosakai Chutney

Note: All efforts are made to follow the menu, still it is subject to change based on availability of vegetables and other raw materials in the market.