

WINTER MESS MENU (November-February) 2024-25

Ganga Hall of Residence, IIT BBS

Timings	BREAKFAST (7:00 AM- 9.30 AM)	LUNCH (12:00-2:30 PM)	SNACKS (5:00 PM- 6:45 PM)	DINNER (8:00 PM -10PM)
COMPULSORY ITEMS	Bread, Butter, Jam (20 gm) Sprouted Grains (Chana/Moong) (50gm) Milk (200 ml)/Tea/Coffee, Salt, Sugar, Cornflakes,Bournvita	Salad (cucumber +carrot/beetroot/ tomato), Green Chilly, Lemon +Onion Pickle, Salt, Sugar, Curd (100 ml). Rice, Roti, Dal and Sambar boiled	Tea, Coffee Milk, Tea bag, Salt, Sugar	Salad (cucumber + carrot/beetroot/ tomato), Green Chilly,Lemon+Onion, Pickle, Salt, Roti, Dal, Rice
MONDAY	Idly, Vada/Mysore bonda, Peanut Chutney, Sambar, Fruits/Egg	Dalma, Palak Aloo Chickpeas Curry (Dry), Tomato Dal, Ambula Rai, Curd, Rasam	Gupchup/ Dahi puri	Chilli Gobi, Veg Fried rice, Arbi masala, Millet/Vermicilli Kheer
TUESDAY	Egg, Paneer Bhurji, Plain Paratha, Roti,	Aloo Karela fry, Methi dal(with toor, masoor dal), Rasam, Parwal Curry, Curd	Punugulu/ Dal Vada with peanut chutney	Jeera rice, Chole Bhature, Aloo jeera, Daal Fry, Fruit Custard
WEDNESDAY	Chakuli pitha (2) with Aloo matar curry/Uttapam with coconut chutney and Sambar, Fruits/Egg	Cauliflower/Cabbage matar, Panchratna dal, Green banana fry, Kadai pakoda/chilli soyabean Sambhar, curd	Onion pakoda/ Corn chat	Toor Daal with vegetables, Chicken Hyderabadi/Chicken Patiala, Paneer Butter masala/Paneer Handi, Icecream
THURSDAY	Puri, Roti,Aloo curry/Aloo channa curry Egg/Fruits	Masoor dal, Rajma semi gravy, Brinjal masala curry, Papad/fryums, Curd	Pasta/Noodles	Egg masala, Tawa veg,Kadai Mushroom, Rice with onion & green peas pulav, Rasmalai/Carrot Halwa
FRIDAY	Aloo paratha/Gobi paratha, Curd, Pickle(2 types of tomato sauce), Fruits/Egg	Moong Dal with green peas, Paneer kadai/Paneer matar curry,Macher jhol (Fish with alu tomato)/Macho besar (Fish with mustard paste), Rasam, Dahi vada	Boiled Sweet potato, Masala idli/ Samosa	Veg pulav, Beans masala curry, Mixed veg pakoda, Malai kofta, Laddo(motichur /besan)
SATURDAY	Onion masala dosa, Sambar, coconut chutney/mysore chutney,Fruit/Egg	Palak dal (toor,massor) , Sambar, Mixed Veg Kolhapuri, Tomato chilli chutney, Boondi Raita	Channa Chat/Pav Bhaji	Tomato rice, Tadka Dal, Khundru masala dry/Baingan bharta Gulan jamun
SUNDAY	Poha with matar sabji/ upma with peanut chutney Jalebi(2 pcs), Fruit/Egg	Chicken dum biriyani,Veg biriyani, Dum Aloo, Raita,gravy,Papad	Mirchi Bajji with green chutney/Dhokla	Kichidi, Pudina parata, Long Beans Dry curry, Millet Halwa/Suji Halwa

Our Culinary Delights:



Flavors of the Region – Authentic tastes from across India



Millet Magic – Nutritious and delicious, straight from nature



Taste of Odisha – A celebration of traditional flavors



Fresh & Seasonal – Handpicked veggies at their prime

Let's keep it clean, green, and waste-free!