

## SUMMER MESS MENU 24-25

Day	BREAKFAST (6:45- 9:15 AM) Holidays (7:45-9:45 AM)	LUNCH (12.00-2.30 PM)	SNACKS (5.00- 6:30 PM)	DINNER (7:30 -9:30PM)
COMPULSORY ITEMS	Bread, Butter, Jam (20 gm)Sprouted Grains (Chana/Moong), Milk (200 ml)/Tea/Coffee, Salt, Sugar	DAHI PAKKAL, Salad (cucumber +carrot/beetroot/ tomato), Green Chilly, Pickle, Salt, Sugar, Curd (100 ml). Rice, Roti, sambar	Tea, Coffee Milk, Salt, Sugar	Salad (cucumber + carrot/beetroot/ tomato), Green Chilly,Lemon+Onion, Pickle, Salt, Roti, Dal, Rice,Rasam
MONDAY	Idly, vada, Peanut Chutney, Sambar, Fruits/Egg	Dalma, Drumstick Aloo Tomato curry, Curd, Rasam, Fry papad(Small), Lemon and Basil water	Pani puri/ Dahi puri	Veg manchuriya, Veg Fried rice, Aloo matar(dry), Payasam
TUESDAY	Egg/Paneer Burj, Plain Paratha, Roti	Aloo Karela fry,Mixed Dal, Rasam, Cabbage curry with peas, Curd, Masala buttermilk	Punugulu/ Dal Vada with Peanut chutney	Millet kichidi, Raw mango chutney, Lauki Channa/Kathal ki sabji, Dal Fry, Fruit custard
WEDNESDAY	Chakuli pitha, Gugani, Fruits/Egg	Masoor cucumber Dal, kadai Pakoda/Ladysfinger-groundnut fry, Aloo Saag, Sambhar, Curd, Robja	Onion pakoda, Corn chat	Chicken Hydrabadi/Chicken patiala, Paneer Butter masala/Paneer lababdar, Icecream
THURSDAY	(Puri, Aloo curry)/(Aloo Parata with curd,Pickle& tomato sauce) Egg/Fruits	Mango dal, Tawa brinjal(dry), Sambar, Rajma semi garvy, Fryms, Curd, Rasana	Pasta/Noodles (maggie once a month)	Egg masala,Tawa veg with paneer, Namkeen Chawal Rasmalai/Sahi Takuda
FRIDAY	Poha, matar sabji, fruits/egg, Jalebi	Moong Dal, (Panner kadai/Paneer mattarcurry)/Fish curry (with tomato aloo/mustardpaste),Boiled vegetables sabji Rasam, Dahi vada, Lemon-Basil water	Masala Idly/Samosa	Tamarind Rice, Tomato Dal, Soya bean curry/Turai ki channa, Mothichur laddu, Aloo fry/aloo jeera
SATURDAY	Onion masala dosa, Sambar, coconut chutney, Tomato chutney,Fruits/egg	Mango dal, Chole batture, Sambar, Soya Kassa, Boondi Raita, Masala buttermilk	Channa Chat/ Pav bhaji	Jeera Rice,Tomato khatta(spicy), Masoor Dal, Kundru ke Sabji(dry),Gulab jamun
SUNDAY	Upma/Sevai upma, Gugani,Peanut chutney, Fruits/Egg	Chicken dum biriyani/Veg biriyani, Dal Makhani, Dum Aloo, Raita, Jaljeera	jhal muri	Ghee Kichidi, Pudina parata, Raw banana sabji,Fryums, Bread Halwa/Suji Halwa