

DAY	BREAKFAST (6:30 – 9:00AM) Holidays (07:30 – 10:00 AM)	LUNCH (12:00-2:30 PM) Holiday (12:00-2:30 PM)	SNACKS (4:45-6:30 PM)	DINNER (07:30-09:30PM)
Compulsory Items (Everyday)	Bread, Butter, Jam (20 gm) Sprouted Grains & (Chana/ Moong) (50gm) Milk (200 ml)/ Tea/Coffee Salt, Sugar’ cornflakes, Bourn Vita / Horlicks	Salad (cucumber, + carrot/ beetroot/ Green Chilly, Lemon+ Onion, Pickle, Salt, Sugar, Rice, Roti, Dal and sambar	Tea/Coffee	Salad (cucumber + carrot/beetroot/ tomato), Green Chilly, Lemon Onion, Pickle, Salt, Roti, Dal, Rice, Rasam
Monday	✂ Paneer/Egg Bhujji paratha	✂ Kadhi pakora +dry pakora ✂ Mix Veg (dry carrot, beans, onion, cauliflower, aloo) ✂ Mixed Dal, fryums	✂ Pasta ✂ Sauce	✂ Jeera Rice ✂ Bhature / Puri ✂ Chole, Masoor Dal ✂ Buttermilk/lassi
Tuesday	✂ Uttapam /Upma ✂ Chutney, Sambar ✂ Egg/Fruit	✂ Rajma ✂ Baigan + Aloo + Tomato Vegetable Dry ✂ Arhar dal ✂ Boondi Raita, fryums	✂ Aloo Chop (3pcs) ✂ chutney	✂ Mushroom Matar Masala ✂ Aloo Parwal dry ✂ Mashoor dal, Ladoo
Wednesday	✂ Aloo Paratha ✂ Dahi +pickle +tomato sauce/ Coriander chutney ✂ Fruit/Egg	✂ Aloo, Gobhi, Matar Dry ✂ Lauki Chana ✂ Arhar Dal ✂ curd, fryums,	✂ American Crispy Corn	✂ Chicken Kolapuri (150g) ✂ Kadai paneer/Matar Paneer (100g) ✂ Mixed Dal ✂ Ice cream
Thursday	✂ Puri, Aloo Dum ✂ Egg/Fruit	✂ Karela Aloo Bhujji / Karela Aloo Chips ✂ Aloo Soyabean ✂ Dalma ✂ Curd	✂ Onion Pakoda Green Chutney	✂ Gobhi Chili, Methi Paratha ✂ Egg fried rice/ Paneer fried rice ✂ Dal fry ✂ Cold drink
Friday	✂ Idly and vada ✂ Chutney, Sambar ✂ Fruit/Egg	✂ Fish Masala (2pcs) ✂ Paneer do piazza / Paneer butter masala ✂ Dal fry, Curd ✂ Aloo Pyaz Bhujia	✂ Mysore bonda(5pcs) ✂ Peanuts Chutney, ✂ Papdi chat	✂ Veg pulao ✂ Aloo Beans fry, Moong dal ✂ Dal Palak ✂ Gulab Jamun
Saturday	✂ Onion Masala Dosa ✂ Coconut Chutney, Sambar ✂ Egg/Fruit	✂ Chole Paner ✂ Beans/kudru onion+ peanuts fry ✂ Pulihora,Arhar Dal,Curd, fryums	✂ Papdi chat	✂ Egg curry (2pcs) ✂ Palak Paneer ✂ Masoor dal ✂ Rice Kheer
Sunday	✂ Poha ✂ Aloo Matar Curry ✂ jalebi (2)	✂ Chicken Biryani ✂ Veg Biryani/ Paneer Butter Masala + Basmati Jeera Rice ✂ Gravy, Raita ✂ Onion salad, lemon, Papad	✂ Samosa (2pcs)’ ✂ (Red Chutney)	✂ Ghee-Khichadi ✂ Drumstick (Saijan) + Aloo Vegetable ✂ Aloo + Sem + Matar Dry ✂ Rasgulla, Arahar Dal

BHR, IIT BBS

Let’s keep it Clean, Green and Waste - Free