

DAY	BREAKFAST (6:45 – 9:15AM) 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 (07:45-09:45PM)
<b>Compulsory Items (Everyday)</b>	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, <b>Nimbu Pani (Except Sunday)</b>	Tea/Coffee	Salad (cucumber + carrot/beetroot/ tomato), Green Chilly, Lemon Onion, Pickle, Salt, Roti, Dal, Rice, Rasam
<b>Monday</b>	✂ Paneer/Egg Bhujji paratha	✂ Kadhi pakora +dry pakora ✂ Kudru, Potato, onion+ peanuts fry ✂ Mixed Dal, fryums	✂ Pasta ✂ Sauce	✂ <b>Mushroom Do Pyaza</b> ✂ Aloo Shimla Mirch Dry ✂ Mashoor dal, Ladoo
<b>Tuesday</b>	✂ <b>Poha</b> ✂ <b>Aloo Matar Curry</b> ✂ Fruit/Egg	✂ Rajma ✂ <b>Aloo, Gobhi, Matar Dry</b> ✂ Arhar Dal, Curd, fryms	✂ <b>Mysore bonda(5pcs)</b> ✂ <b>Peanuts Chutney</b>	✂ Jeera Rice ✂ Bhature / Puri ✂ Chole, Masoor Dal ✂ Buttermilk/lassi
<b>Wednesday</b>	✂ Aloo Paratha ✂ Dahi,pickle,tomato sauce/ Coriander chutney ✂ Fruit/Egg	✂ Lauki Chana ✂ <b>Baigan + Aloo + Tomato Vegetable Dry</b> ✂ Arhar dal ✂ Boondi Raita, fryums	✂ <b>American Crispy Corn</b>	✂ Chicken Hyderabad (150g)/ <b>Chicken Panjabi (150g)/</b> ✂ Paneer Hyderabad (100g)/ <b>Paneer Panjabi (100g)</b> ✂ Mixed Dal , Ice Cream
<b>Thursday</b>	✂ Puri, Aloo Dum ✂ Egg/Fruit	✂ <b>Kathal Curry</b> ✂ <b>Mix Veg (dry carrot, beans, onion, cauliflower, aloo)</b> ✂ Dalma, Curd	✂ Onion Pakoda Green Chutney	✂ <b>Veg Manchurian, Pudina Paratha</b> ✂ Egg fried rice/ Paneer fried rice ✂ Dal fry ✂ Cold drink
<b>Friday</b>	✂ Uttapam /Upma ✂ Chutney, Sambar ✂ Egg/Fruit	✂ Fish Masala (2pcs) ✂ Paneer do piazza / Paneer butter masala ✂ Dal fry, Curd ✂ Aloo Pyaz Bhujia	✂ <b>Bread Pakoda</b> ✂ <b>Chutney</b>	✂ Veg pulao ✂ <b>Aloo Bhindi Fry</b> , Moong dal ✂ <b>Raw Banana curry/ Turai Curry</b> ✂ Gulab Jamun
<b>Saturday</b>	✂ Onion Masala Dosa Coconut Chutney, Sambar ✂ Egg/Fruit	✂ Chole Paner ✂ <b>Parwal + Aloo Dry/ Karela Aloo Chips</b> ✂ Pulihora, Arhar Dal,Curd, fryums	✂ Papdi chat	✂ Egg curry (2pcs) ✂ <b>Matar Paneer</b> ✂ <b>Ghee-Khichadi</b> ✂ Masoor dal ✂ Rice Kheer/Sewai
<b>Sunday</b>	✂ <b>Fried Idly and vada</b> ✂ <b>Chutney, Sambar</b> ✂ jalebi (2)	✂ Chicken Biryani ✂ Veg Biryani ✂ Gravy, Raita ✂ Onion salad, lemon, Papad	✂ Samosa (2pcs) ✂ ( Red Chutney)	✂ Drumstick (Saijan) + Aloo Curry ✂ Aloo + <b>Cabbage</b> + Matar Dry ✂ Rasgulla, Arahar Dal

**BHR, IIT BBS**

**\*In any case no item should contain more than 20% potato by weight, except for only potato-based items.**

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