

Dr C V Raman Mess Menu for M/o March 2024

Cornflakes(30g)+bread+jam(10gm)/butter(5gm) +Ankurit chana+Ankurit Masoor Dal+Milk(200ml)+3 day Tea and 4 day Coffee(75ml)							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Break Fast (Mon to Fri 7:30 A.M - 10:00A.M),Sat& Sun(7:30A.M-10:00A.M)	Aloo Paratha	Idli/Vada	Cutlet	Mysore bonda	Poha + Jalebi	Masala Dosa	Pav Bhaji
	HaraDhaniya+Adrak+Lahsun+mirch+tomtto(70%) Chutney and kishan sauce	Sambar & Peanut chutney	HaraDhaniya+Adrak+Lahsun+mirch+tomtto(70%) Chutney and kishan sauce	Sambhar and Peanut chutney	Namkeen+tomato+ Onion+Hara mirch+ Poha masala	Sambar & Peanut Chutney	Sabji+chopped onion
	Egg bhujji /Fruit	Boiled Egg /Fruit	Egg bhujji /Fruit	Boiled Egg/Fruit	Egg bhujji/Fruit	Egg boiled /Fruit	02 Egg Omelete/Fruit
LUNCH (12:30P.M - 2:00 P.M)	Green Chilli Fry +toamtto	Green Chilli Fry,	Green Chilli Fry +Papad	Green Chilli Fry +toamtto	Green Chilli Fry + toamtto	Green Chilli Fry, Papad	Green Chilli Fry + toamtto
	Parval+Aloo(rasdar)	Mixed Veg (5 veg, excluding aloo)	Beans+Aloo(Dry)	Soyabean	Paneer+Aloo+Gobhi (40%+20%+40%) /Egg Curry	Bhature / Roti	Aloo Crispy {only crispy}
	Rajma Dal	Chana chole	Dal Makhani	Curry Pakora	Moong Dal	Chhole (Chana) Sambhar	Arhar Daal
	Sambhar	Sambhar	Sambhar	Sambhar	Jeera Rice	Tomatto chutney	Fried Rice
	Plain Rice	Veg Pulav	Jeera Rice	Plain Rice	Tawa Roti		Roti
	Roti	Puri/ Roti	Tawa Roti	Tawa Roti	Matha	Khichdi(Aloo, matar, gobhi, tomato)	Shambhar
	Curd	Curd	Curd	Curd		Curd	Curd
	Salad+Lemon+Green Chilli Fry	Salad+Lemon+Green Chilli	Salad+Lemon+Green Chilli	Salad+Lemon+Green Chilli	Sambhar + Salad+Lemon+Green	Salad+Lemon+Green	Salad+Lemon+ Green Chilli
Snacks	4day Tea and 3 day Coffee + 2 piece Toa_st Biscuit						
	Alu Bonda@ Rs 10 Per Pice	Samosa @ Rs 10 Per pice	Litti chokha(2litti)@ Rs 15 perpice	Maggi@Rs 10 per plate (100 gm)	Bread Pakoda@Rs 10 per pice	Kachuri@Rsd 10 per pice	Macaroni@15/- per plate(100)gms
Dinner Timings	Chicken kadhai		Chicken Butter Masala	Papad	Fish Curry	Fryums	

(8:00P.M To
10:00P.M)

Kathai Paneer	Bhindi bhujiya and Saihjan+aloo (Semi Dry)	Paneer+ Mushroom+ Matar (Dry) (50%+30%+20%)	Kundru+Aloo (Semi Dry) and Karela bhujiya	Sahi Paneer	Aloo+Gobhi+Matar +Tomato(Dry bhujiya)	Chicken Biryani
Kali (Khara) Masoor dal tadka	Arhar Dal	Toor Dal	Arhar Dal	Moong Dal	Tawa Roti	Veg Biryani
Plain Rice	Plain Rice	Jeera Rice	Plain Rice	Plain Rice	Palak dal	Dal Fry
Tawa Roti	Tawa Roti	Tawa Roti	Tawa Roti	Tawa Roti	Fried rice	Veg Raita
Rasam	Rasam	Rasam	Rasam	Rasam	Rasam	Gravy
Gulab Jamun	Sewai/Kheer	Kala jamun		Cream Chena	Rash Gulla (Standard size)	Ice cream(chocobar)
Salad+Lemon+Green Chilli fry	Salad+Lemon+Green Chilli fry + toamto	Salad+Lemon+Green Chilli fry	Salad+Lemon+Green Chilli fry	Salad+Lemon+Green Chilli fry	Salad+Lemon+Green Chilli fry + toamto	Salad+Lemon+Green Chilli fry

Gen, Sec

Mess Manager

Warden