

# Ashoka University Dining Menu

02nd March 2020 to 08th March 2020

| Meals  | BREAKFAST   | LUNCH  | SNACKS                           | DINNER  |
|--|---|--|----------------------------------|---|
| Timing   | 08:00 AM - 10:30 AM   | 12:15 PM - 02:30 PM  | 04:45 PM - 06:15 PM              | 07:30 PM - 10:15 PM   |
| <b>M<br/>O<br/>N<br/>D<br/>A<br/>Y</b>                   | CORN FLAKES<br>EGG BHURJI<br>VADA SAMBHAR<br>COCONUT CHUTNEY<br>BREAD, BUTTER, JAM<br>CUT PAPAYA, BANANA<br>MILK- HOT & COLD, TEA<br>COFFEE, PORRIDGE<br>BOURNVITA            | GREEN SALAD<br>LACHHA ONION<br>MUTTON ROGAN JOSH<br>PANEER LABABDAAR<br>BLACK MALKA DAL<br>PLAIN RICE<br>TAWA ROTI<br>ACHAR, PAPAD                   | MAGGI<br>TEA, COFFEE             | GREEN SALAD<br>SPROUTS SALAD<br>MALAI KOFTA<br>MIX VEG<br>DAL PANCHEMELA<br>VEG PULAO<br>TAWA ROTI<br>JAGGERY, ACHAR<br>GULAB JAMUN           |
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b>             | CHOCOS<br>BOILED EGG<br>LUCHI<br>DRY ALOO MASALA<br>BREAD, BUTTER, JAM<br>KINOO, BANANA<br>MILK- HOT & COLD, TEA<br>COFFEE, PORRIDGE<br>BOURNVITA                             | GREEN SALAD<br>ONION CABBAGE SALAD<br>VEG KOHLAPURI<br>DAL BALTIK<br>BATTATA RASSA BAAJI<br>PLAIN RICE<br>TAWA ROTI<br>ACHAR, PAPAD<br>FRUIT CUSTARD | SWISS ROLL<br>TEA, COFFEE        | GREEN SALAD<br>TOMATO SALAD<br>HOMESTYLE MACARONI<br>DAL MAKHANI<br>DUM ALOO<br>PLAIN RICE<br>TAWA ROTI<br>JAGGERY, ACHAR                     |
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | HONEY FLAKES ALMOND<br>MASALA OMELETTE<br>VEGETABLE POHA<br>MINT CHUTNEY<br>BREAD, BUTTER, JAM<br>CUT SARDA, BANANA<br>MILK- HOT & COLD, TEA<br>COFFEE, PORRIDGE<br>BOURNVITA | GREEN SALAD<br>CHANA CHAAT<br>CHICKEN CHETTINAD<br>MATAR PANEER<br>RED MALKA DAL<br>PLAIN RICE<br>TAWA ROTI<br>ACHAR, PAPAD                          | DAHI BHALLE<br>TEA, COFFEE       | GREEN SALAD<br>KOSAMBARI SALAD<br>RASAM<br>AVIYAL<br>CABBAGE FOGATH<br>LEMON RICE<br>TAWA ROTI<br>PAYASAM<br>JAGGERY, ACHAR                   |
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b>       | MUESLI<br>SCRAMBLED EGG<br>MIX PARANTHA<br>CURD<br>BREAD, BUTTER, JAM<br>APPLE, BANANA<br>MILK- HOT & COLD, TEA<br>COFFEE, PORRIDGE<br>BOURNVITA                              | GREEN SALAD<br>SPROUTS SALAD<br>RAJMA MASALA<br>DIWANI HANDI<br>BAGARE BAIGAN<br>JEERA RICE<br>TAWA ROTI<br>ACHAR, PAPAD<br>BESAN BARFI              | MASALA IDLI<br>TEA, COFFEE       | GREEN SALAD<br>THREE BEAN SALAD<br>PALAK CORN MASALA<br>PASTA ALFREDO<br>YELLOW DAL TADKA<br>PLAIN RICE<br>TAWA ROTI<br>JAGGERY, ACHAR        |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>                   | CORN FLAKES<br>EGG FRITTATA<br>UTTAPAM SAMBHAR<br>TOMATO CHUTNEY<br>BREAD, BUTTER, JAM<br>MIX FRUIT, BANANA<br>MILK- HOT & COLD, TEA<br>COFFEE, PORRIDGE<br>BOURNVITA         | GREEN SALAD<br>CUCUMBER SALAD<br>SOYA BADI MATAR<br>LAUKI KOFTA CURRY<br>DAL HYDERABADI<br>PLAIN RICE<br>TAWA ROTI<br>ACHAR, PAPAD                   | PIZZA<br>TEA, COFFEE             | GREEN SALAD<br>TOSSED SALAD<br>MUSHROOM MATAR<br>GOBHI ADARKI<br>DAL TADKA<br>PLAIN RICE<br>TAWA ROTI<br>JAGGERY, ACHAR<br>COCONUT LADOO      |
| <b>S<br/>A<br/>T<br/>U<br/>R<br/>D<br/>A<br/>Y</b>       | MUESLI<br>EGG BHURJI<br>BESAN CHILLA<br>MINT CHUTNEY<br>BREAD, BUTTER, JAM<br>KINOO, BANANA<br>MILK- HOT & COLD, TEA<br>COFFEE, PORRIDGE<br>BOURNVITA                         | GREEN SALAD<br>ITALIAN PASTA SALAD<br>GUTTA CURRY<br>TAWA VEGETABLE<br>SAUTE BEANS<br>PLAIN RICE<br>TAWA ROTI<br>ACHAR, PAPAD<br>RICE KHEER          | BANANA CAKE SLICE<br>TEA, COFFEE | GREEN SALAD<br>LACCHA ONION<br>CHICKEN HANDI MASALA<br>KADHAI PANEER<br>BLACK MALKA DAL<br>PLAIN RICE<br>TAWA ROTI<br>JAGGERY, ACHAR          |
| <b>S<br/>U<br/>N<br/>D<br/>A<br/>Y</b>                   | CHOCOS<br>FRIED EGG<br>SUJI UPMA<br>TOMATO CHUTNEY<br>BREAD, BUTTER, JAM<br>APPLE, BANANA<br>MILK- HOT & COLD, TEA<br>COFFEE, PORRIDGE<br>BOURNVITA                           | GREEN SALAD<br>ALOO CHAAT<br>KALA CHAANA<br>JEERA ALOO<br>PLAIN RICE<br>POORI<br>ACHAR, PAPAD<br>BOONDI RAITA  | GOL GAPPE<br>TEA, COFFEE         | GREEN SALAD<br>RUSSIAN SALAD<br>SOYA CHAAP MASALA<br>LAUKI CHANA<br>ARHAR DAL<br>PLAIN RICE<br>TAWA ROTI<br>JAGGERY, ACHAR<br>MOONG DAL HALWA |