

**MESS MENU**

Day/meal	Breakfast	Lunch	Dinner
Monday	Namkeen sevayian Chopped Onion, Sprouts	Chole Bhature Dal Makhni, Plain Rice, Dahi, Fryns	Aloo Soyabin dry/ Sev-tamatar Arhar Dal Tadka, Plain Rice, Chapati Boondi ladoo/nariyal barfi
Tuesday	Onion Uttapam Sambhar, Nariyal Chutney, Sprouts,	Kadhai Paneer, Masoor Dal, Jeera Rice, Chapati, Dahi,	Aloo meethi fry, Arhar Dal Tadka, Plain Rice, Chapati, Rasam Moog Dal Halwa.
Wednesday	Poha jalebi, Sev Chopped Onion, lemon Sprouts	Choole-Puri, Arhar Dal, Plain Rice, Veg raita	Kofta, Chapati Chana Dal, Plain Rice, Papad,Rasam
Thursday	Stuffed Bread Pakoda, Tomato sauce Sprouts,	Meethi matar malai (spicy) Matar Paneer, Plain Rice, chapatti	Mix-veg, Dal Makhni, Chapati, Veg-Biryani, Emarti
Friday	Pasata/Pav bhaji Tomato sauce Sprouts	Channa Masala dry, Kadhi-Pakoda, Jeera Rice, Chapati, Rasam	Palak Paneer Masoor Dal, Plain Rice, Chapati,
Saturday	Sambhar vada (2 pieces) Sambhar, Nariyal Chutney, Sprouts	Phool Gobhi Dry, Razma Sabji, Plain Paratha, Plain Rice Dahi, Fryns	Bharwa Baigan, /Besan Gatte Masoor Dal, Jeera Rice Chapati, Milk kheer
Sunday	Aloo Paratha, Dahi, Green chutney Sprouts	Aloo Matar Tamatar, Arhar Dal Tadka, Plain Rice, Chapati, Veg raita	Paneer butter masala, Tawa Veg, Chapati, Veg-Biryani, Gulab-Jamun

**Common items**

- **In Breakfast:** Bread, Amul Butter (10gm), Jam, Tea, Milk (200ML)
- **In Lunch and Dinner:** Nillon's Pickle (Mango/Red chilly),, Onion, Lemon, Fried chilly, Tomato/Beat Root/Cucumber
- Dahi/Raita, Ice Cream, Halwa, fryns, Papad will be served only once.
- Boondi ladoo, Gulab-Jamun (large pieces)
- Tawa-veg (Aloo + 4 seasonal vegetables), Mix-veg (No aloo)
- Sick diet and Fast food are available on demand with valid proof and reasons.