

MESS MENU							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Aloo onion paratha	Poori Chana	Mix Paratha	Idli	Uttapam	Methi/Palak paratha	Masala Onion Dosa
	Chutney	Halwa	Dhaniya Chutney	Sambhar & chutney	Sambhar	Aloo Tamatar Sabji	Sambhar
	Curd		Curd		Chutney		Coconut Chutney
			Fruits/ 2 Eggs	Fruits/ 2 Eggs	Fruits/ 2 Omlette	2 Banana/ 2 Eggs	
	Milk(200 ml)	Daliya/Milk (200 ml)	Milk (200 ml)	Daliya/Milk (200 ml)	Daliya/Milk (200 ml)	Milk (200 ml)	Daliya/Milk (200
	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)	Bread (4 slices)
	Butter&Jam	Butter&Jam	Butter&Jam	Butter&Jam	Butter&Jam	Butter&Jam	Butter&Jam
	Cornflakes/Coffee Powder/ Tea bags/ Bournvita	Coffee Powder/ Tea bags/Bournvita	Cornflakes/Coffee Powder/ Tea bags/Bournvita	Coffee Powder/ Tea bags/Bournvita	Coffee Powder/ Tea bags/Bournvita	CornflakesCoffee Powder/ Tea bags/Bournvita	Cornflakes/Coffee Powder/ Tea bags/Bournvita
Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	Sprouts(Black Chana+ Moong)	
Lunch	Rajma	Mix Dal	Kadhi Pakora	Sitafal	Aloo Gazar Gobhi	Dry Paneer Bhurji, Egg Bhurji	Bhature
	Cabbage-Matar	Veg Kofta	Aloo Zeera	White Chole	Moong Masoor Dal	Chana Dal	Chole
	Jeera Rice		Masala Papad/ Fryums	Poori	Rice		Green Chutney
	Roti	Roti	Roti	Massala Chaach	Roti	Roti	Fried Masala
		Rice	Jeera Rice	Rice		Rice	Khichdi
	Curd				Bundi Raita		Butter Milk
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Salad
	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle
Dinner	Sarson Ka Saag	Lauki Chana	Paneer Do Pyaza/ ChickenCurry	Mix Veg (gajar+paneer or Mushroom+bean +gobi+matar)	Palak Paneer/Egg Curry	Aloo Matar	Paneer Biryani/ Chicken Biryani
	Dal Tadka	Dal Makhni	Dal Fry	Black Masoor dal	Roongi Dal	Arher Dal	Aloo soyabean
	Rice Kheer	Motichur Laddu	Sooji Ka Halwa	Gulab Jamun / White Rassgulla	Balushaai	Garam Sewayi	Veg- Raita
	Roti	Roti	Roti	Roti	Roti	Roti	Ice-Cream / Gajar Ka Halwa
	Rice	Rice	Rice	Rice	Rice	Rice	Roti
	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle
Green Salad:- Beet-root, Onion(Compulsory), Carrot, Tomato, Cucumber (At Least 2). Dahi should be served on plates.							