

### Mess Menu (wef 01 June 2022)

DAY	BREAKFAST	LUNCH	SNACKS (L)	DINNER
<b>MONDAY</b>	Sambhar Idly/ Omelette(L), (Bread, Butter/Jam), Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Rajma, Lauki, Plain & Butter Roti, Plain Rice, Salad, Achaar, Chach (L), Papad (L)	Chowmein, Ketchup, Tea/Jaljeera	Lauki Kofta, Aarahar Dal, Plain Rice, Plain & Butter Roti Salad, Achaar, Boondi Laddoo (L)
<b>TUESDAY</b>	Cutlet (5 pcs Limit), (Bread, Butter/Jam) Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Mater Paneer, Masoor Dal, Plain & Butter Roti, Plain Rice, Salad, Achaar, Raita (L)	Stuffed Kulcha/ /MixPakora, Chutney, Tea/Roohafza	Aaloo Tamatar, Puri, Pulao, Moong Dal, Salad, Achaar Gulab Jamun (L)
<b>WEDNESDAY</b>	Pav Bhaji/Boiled Egg(L) (Bread, Butter/Jam), Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Mix Veg, Dal Makhani, Plain & Butter Roti, Plain Rice, Salad, Achaar, Chach (L)	Dabeli, Chutney, Coffee/Rasna	Manchurian Gravy, Mix Dal, Fried Rice, Plain & Butter Roti, Salad, Achaar, Seviyan (L)
<b>THURSDAY</b>	Plain Paratha, Aloo Chana/Aloo Paratha Omelette(L), (Bread, Butter/Jam), Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Kadhi Pakora, Aloo Fry, Plain Rice, Plain & Butter Roti, Salad, Achaar, Papad (L)	Bread Roll, Chutney, Tea/Jaljeera	Bhindi, Masoor Dal, Plain & Butter Roti, Jeera Rice, Salad, Achaar, Balushahi/ Ice Cream.(One Scoop)
<b>FRIDAY</b>	Upma/Shambhar Bada/Boiled Egg(L), (Bread, Butter/Jam), Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Gatta Masala, Urad Dal, Plain Rice, Plain & Butter Roti, Salad, Achaar, Chach (L)	Fried Idly, Coconut chutney, Tea/Nimboo Pani	Kadai Paneer, Lobiya Daal Plain & Butter Roti, Plain Rice, Salad, Achaar, Papad (L) Sooji Halwa (L)
<b>SATURDAY</b>	Poha(with Namkeen)/ Omelette(L), (Bread, Butter/Jam), Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Aloo Paratha, Matar Sabzi, Garlic Chutney, Pulao, Salad, Achaar, Plain Curd (L)	Macroni, Ketchup, Coffee/ Roohafza	Dry Kala Chana, Arhar Dal, Plain & Butter Roti, Jeera Rice Salad , Achaar, Besan Ladoo (L)
<b>SUNDAY</b>	Samosa, Jalebi/ Omelette(L), Chutney, (Bread, Butter/Jam), Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Chole Bhature , Fried Mirchi, Jeera Rice, Salad, Achaar, Raita (L)	Aloo Sandwich Chutney, Thandai	Dum Aloo, Dal Tadka, Plain & Butter Roti, Jeera Rice, Salad, Kheer (L)