

Mess Menu

DAY	BREAKFAST	LUNCH	SNACKS (L)	DINNER
MONDAY	Pav-Bhaji/Aloo Paratha, Boiled Egg (L), Bread, Butter/Jam, Sprouts, Tea/Milk (L), Cornflakes/Bournvita	Rajma, Lauki, Plain & Butter Roti, Plain Rice, Salad, Achaar, Chach(L), Papad(L)	Fried Idli, Chutney, Tea/Coffee	Aloo Tamatar, Methi Paratha, Arhar Dal, Plain Rice, Achaar, Boondi Laddoo(L)
TUESDAY	Sambhar Idly, Bread, Butter/Jam, Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Matar Paneer, Masoor Dal, Plain & Butter Roti, Plain Rice, Salad, Achaar, Raita(L)	Cutlet (4 Pc), Chutney, Tea/Coffee	Mix Veg, Dal Makhani, Plain & Butter Roti, Plain Rice, Salad, Achaar, Kheer(L)
WEDNESDAY	Chhole-Kulche/ Omelette(L), Bread, Butter/Jam, Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Aloo Patta Gobhi, Mix Dal, Rice, Plain & Butter Roti, Salad, Achaar, Chaach(L)	Chowmein, Ketchup, Tea/Coffee	Malai Kofta, Plain & Butter Roti, Pulao, Moong dal, Salad, Achaar, Gulaab Jamun (L)
THURSDAY	Sambhar-Bada/Boiled Egg (L), Bread, Butter/Jam, Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Kadhi Pakoda, Aloo Jeera, Plain Rice, Plain & Butter Roti, Salad, Achaar, Papad (L)	Namkeen Poha, Tea/Coffee	Matar Phoolgobhi Tamatar, Masoor Dal, Plain & Butter Roti, Fried Rice, Salad, Achaar, Custard (L)
FRIDAY	Plain Paratha, Aloo Chana, Omlette (L), Bread, Butter/Jam, Sprouts, Tea/Milk (L), Cornflakes/Bournvita	Gajar Matar, Urad Dal, Pulao (Haldi Masala), Plain & Butter Roti, Salad, Achaar, Plain Curd (L)	Dal Kachori, Chutney, Tea/Coffee	Palak Paneer, Panch Ratan Dal, Plain & Butter Roti, Jeera Rice, Salad, Achaar, Papad (L), Sooji Halwa (L)
SATURDAY	Poha (with Namkeen)/ Omlette(L), Bread, Butter/Jam, Sprouts, Tea/Milk(L), Cornflakes/Bournvita	Masala Paratha, Matar Sabzi, Garlic Chutney, Pulao, Salad, Achaar, Plain Curd (L)	Aloo Sandwich, Chutney, Tea/Coffee	Dry Kala Chana, Arhar Dal, Plain & Butter Roti, Jeera Rice, Salad, Achaar, Besan Laddoo (L)
SUNDAY	Samosa (2 Pc), Jalebi/Omlette (L), Chutney, Bread, Butter/Jam, Sprouts, Tea/Milk (L), Cornflakes/Bournvita	Chhole Bhature, Fried Mirchi, Jeera Rice, Salad, Achaar, Raita (L)	Macaroni, Soup, Ketchup, Tea/Coffee	Aloo Methi, Dal Tadka, Plain & Butter Roti, Jeera Rice, Salad, Coconut Barfi/Balushahi (L)

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