

### **Yuktahar (Student Mess) Monsoon Menu w.e.f 01.10.21**

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	ITEM1	Raagi Idly	Dalia Upma	Veg Poha	Semiya Upma	Vegetable Idly	Foxtail (Korralu) Millet Poha	Jawar Roti
	ITEM2	Raajgira	Raagi+Butter Milk	Raajgira	Raagi+Butter Milk	Raajgira	Raagi+Butter Milk	Hummus+ coconut shreds
	ACCOMPANIMENTS	Sambhar + Cocount chutney	Putana chutney	Cocount chutney	Cocount chutney	Sambhar + Tomato chutney	Putana chutney	Tomato Chutney
	DAILY	Milk+ Sprouts/MasalaSprouts + Almonds + Seasonal Fruits						
LUNCH	Special RICE	Tamarind Rice	Barnyard (Udalu) Millet Rice	Brown Rice	Veg Rice/ Mint Rice	Brown Rice	Curd Rice	Foxtail (Korralu) Millet Pulao
	Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti
	Daal	Green whole Moongdal Tadka					Dal Fry [with&without onion]	
	Vegetable	Beans	Tomato Drumstick Curry	Aloo Methi	Lauki	Beetroot Poriyal	Carrot Poriyal	Pumpkin
	Extra		Sambar	Palak Paneer	Mah chhole	Dahi Kadhi		Chhole/ Black Channa
	Chutney/ Pickle		Dosakai chutney		Tomato Chutney	Donda Chutney	Dosakai chutney	Gongura Chutney
	Sweet	Rawa Laddu						Sweet Custard
	DAILY	Rice + Buttermilk + Kichidi + Salad						
SNACKS		Sabudana Khichdi	Uttapam	Besan Chilla	Steamed Dosa	Dhokla/ Masala Oats	Litti/Suji Chilla	Sweet Potato/ Bhel
DINNER	RICE	Brown rice		Coconut Rice		Barnyard (Udalu) Millet Rice		Tomato Rice
	Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti
	Daal	Chana Dal	Mix dal/Panchrang Dal [with&without onion]	Panchranga Dal	Toor Dal Tadka [with&without onion]	Black urad daal Tadka [with&without onion]	Daal Makhni	Black Masoor Dal
	Vegetable	Bharwa Baigan	Karela/ Bhindi	Lauki	Gawar Phali	Turai-Dal Sabzi	Mix Veg	
	Extra	Rasam	Soyabean Chunks			Rasam/Sambar		Spl. Paneer
	Chutney	Tomato Chutney		Donda Chutney	Palli Podi			
	Sweet		Raagi laddu				Suji halwa	
	DAILY	Rice + Buttermilk + Kichidi + Salad						

All the food items should mandatorily be less oily and spicy. Salad = Cucumber + Lemon + Tomato/ Carrot/Beetroot/Onion.

Note: All efforts are made to follow the menu, still it is subject to change based on availability of vegetables and other raw materials in the market.