

### IIST CANTEEN MENU IMPLEMENTED FROM 28.03.2022 -WEEK I

Day	Breakfast (Rs. 22/-) (7.45 am to 8.45 am)		Lunch (Rs. 29/-) (12 pm to 1.30 pm)		Tea & Snacks (05 pm to 06 pm)		Dinner (Rs. 25/-) (07.30 pm to 08.45 pm)	
					Tea	Rs. 5/-		
					Snacks	Rs. 10/-		
Monday (I)	Poori, Potato Bhaji, Bread & Jam		Chappathy, Chulai Masala, Plain Rice, Chamba Rice, Sambar, Tomato Rasam, Curd, Pickle,		Tea, Green Plantain/ Potato/ Chilly Bhaji ( 2 nos), Tomato Sauce		Chappathi, Veg. Khorma, Dal Tadka, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs. 5/-	Avial Dal Tadaka Veg. Salad with Pineapple Appalam Vermicelli Payasam Fish Curry	Rs. 6/- Rs. 3/- Rs. 3/-  Rs.2/- Rs. 7/- Rs 40/-			Chicken Curry Khadi Pakoda Salad Thoran/ Mezhukku	Rs. 40/- Rs. 26/- Rs. 3/- Rs. 6/-
Tuesday (I)	Dosa, Sambar , Chutney, Bread & Butter, Jam		Chappathy, Soya Masala, Plain Rice, Chamba Rice, Erussery, Pepper Rasam , Butter milk, Pickle		Tea, Urud Vada ( 2 nos), Chutney		Chapathi, Aloo Jeera, Mixed Dal , Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg Steamed Banana	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/- Rs 8/-	Country Beans Thoran Dal with Cheera Corn Salad Appalam Sweet Boondi Chicken Dish	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-			Egg Curry Salad Koottu/ Avial	Rs. 15/- Rs. 3/- Rs. 6/-
Wednesday (I)	Pav Bhaji, Omelette, Bread & Butter, Jam		Chappathy, Rajma Masala, Plain Rice, Chamba Rice, Puliserry, Pineapple Rasam, Curd, Pickle		Tea, Veg. Puffs Tomato sauce		Chappathi, Aloo Capsicum, Moong Dal Tadka, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/-	Snakegourd Thoran Toordal Curry Sprouted Salad Appalam Gulab Jammun Fish Curry	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-			Paneer Butter Masala Salad Theeyal/ Pacha Theeyal	Rs. 36/- Rs. 3/- Rs. 6/-

<b>Thursday (I)</b>	Iddli, Sambar, Chutney, Bread & Jam		Chappathy, Veg. Mughalai, Plain Rice, Chamba Rice, Cabbage Carrot Mezhukku, Coriander Rasam, Butter milk, Pickle		Tea, Veg. Cassarole Tomato Sauce	Kerala Paratha, Pindi Channa, Toor Dal curry, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg Steamed Banana	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/- Rs 8/-	Veg. Theeyal Moongdal Tadka Coleslaw Salad Appalam Fruit Custard Chicken dish	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-		Chicken Masala Malai Kofta Salad Thorani/ Mezhukku	Rs. 40/- Rs. 26/- Rs. 3/- Rs. 6/-
<b>Friday (I)</b>	Iddiappam, Black Channa Curry, Bread & Butter, Jam		Chappathy, Aloo Mutter(Semi Gravy), Plain Rice, Chamba Rice, Sambar, Garlic Rasam, Curd, Pickle		Tea, Veg. Cutlet (2 nos), Tomato Sauce	Poori, Potato Bhaji, Methi Dal, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/-	Beetroot Mezhukku Mixed Dal Tadka Kuchumber Salad Appalam Ice Cream Fish Curry	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-		Fish Fry Veg. Chaps Salad Koottu/ Avial	Rs. 40/- Rs. 26/- Rs. 3/- Rs. 6/-
<b>Saturday (I)</b>	Batura, Channa Masala, Pickle, Bread & Jam		Chappathy, Bindi Jaipuri, Tomato Rice, Chamba Rice, Pappaya/Pumpkin Pulim Curry, Lemon Coriander Rasam, Raitha, Pickle		Tea, Cole Slaw Sandwich, Tomato Sauce	Wheat Paratha, Veg. Makhini, Lauki Dal Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg Steamed Banana	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/- Rs 8/-	Thorani/ Mezhukku Channa Dal Tadka Veg. Tossed Salad Appalam Pineapple Cut	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/-		Egg Masala Salad Odachu Curry	Rs. 15/- Rs. 3/- Rs. 6/-
<b>Sunday (I)</b>	Maggie, Scrambled Egg, Bread & Butter, Jam		Chappathy, Baigon Butter Masala, Veg Pulao, Chamba Rice, Seasonal Thorani/ Mezhukku, Tamarind Rasam, Boondi Raitha, Pickle		Tea, French fries , Tomato sauce	Chapathi, Rajma Pasaantha, Dal Tadka, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/-	Koottu Dal Makhani Green Salad Appalam Banana	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/-		Paneer Mutter Masala Salad Thorani/ Mezhukku	Rs. 36/- Rs. 3/- Rs. 6/-

**\*\* Menu will be altered subject to the availability of raw materials**

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Day	Breakfast (Rs. 22/-) (7.45 am to 8.45 am)		Lunch (Rs. 29/-) (12 pm to 1.30 pm)		Tea & Snacks (05 pm to 06 pm)		Dinner (Rs. 25/-) (07.30 pm to 08.45 pm)	
					Tea	Snacks		
					Rs. 5/-	Rs. 10/-		
Monday (II)	Iddli, Sambar, Chutney, Bread & Butter, Jam		Chappathy, Mix. Veg. Subzi(dry), Plain Rice, Chamba Rice, Veg. Theeyal, Pepper Rasam, Curd, Pickle		Tea, Pasta with white sauce , Tomato Sauce		Chappathi, Aloo Mutter, Dal Tadka, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/-	Redgram Thoran Mixed Dal Tadka Corn & Veg. Salad Appalam Gulab Jammun Fish Curry	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-			Chicken Masala Gobi Cafreal Salad Koottu/ Avial	Rs. 40/- Rs. 26/- Rs. 3/- Rs. 6/-
Tuesday (II)	Iddiappam, Black Channa Curry, Bread & Jam		Chappathy, Aloo Gobi (Gravy), Plain Rice, Chamba Rice, Cucumber & Tomato Ozhichu curry (Thick), Coriander Rasam, Butter milk, Pickle		Tea, Veg. Samosa Tomato Sauce		Chappthi, Veg. Noodles, Veg. Manchurian, Mixed Dal , Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg Steamed Banana	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/- Rs 8/-	Greenplantain Mezhukku Dal Tadaka Veg. Salad with Pineapple Appalam Vermicelli Payasam Chicken Dish	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-			Egg Curry Salad Theeyal/ Pacha Theeyal	Rs. 15/- Rs. 3/- Rs. 6/-
Wednesday (II)	Dosa, Chutney, Potato Masala, Bread & Butter, Jam		Chappathy, Rajma Pasantha, Plain Rice, Chamba Rice, Sambar, Tomato Rasam, Curd, Pickle		Tea, Veg. Burger Tomato sauce		Chappathi, Kadai Veg., Toor Dal Curry, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/-	Avial Toordal Curry Coleslaw Salad Appalam Mousse Fish Curry	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-			Paneer Butter Masala Salad Thorani/ Mezhukku	Rs. 36/- Rs. 3/- Rs. 6/-

<b>Thursday (II)</b>	Pav Bhaji, Omelette, Bread & Butter, Jam		Chappathy, Veg Roganjosh, Plain Rice, Chamba Rice, Pulim Curry, Pineapple Rasam, Butter milk, Pickle		Tea, Vada Pav, Tamarind Sauce	Kerala Paratha, Veg Makhini, Dal Tadka, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg Steamed Banana	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/- Rs 8/-	Soya Dry Fry Moongdal Tadka Sprouted Salad Appalam Rawa Kesari Chicken Dish	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-		Butter Chicken Malai kofta Salad Koottu/ Avial	Rs. 40/- Rs. 26/- Rs. 3/- Rs. 6/-
<b>Friday (II)</b>	Upma, Greenpeas Masala, Bread & Jam		Chappathy, Veg. Malai, Plain Rice, Chamba Rice, Erussery, Garlic Rasam, Curd, Pickle		Tea, Veg. Roll Tomato Sauce	Chappathi, Potato Lokhi Subji , Dal Tadka, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/-	Pappaya or Kovakka Mezhukku/ Banana flower Thoran Dal Tadka Veg. Tossed Salad Appalam Sweet Boondi Fish Curry	Rs. 6/-   Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/- Rs 40/-		Fish Fry Gobi Manchurian Salad Mezhukku	Rs. 40/- Rs. 26/- Rs. 3/- Rs. 6/-
<b>Saturday (II)</b>	Poha, Bread & Butter, Jam, Chopped Onion-Tomato Mixture, Sev		Chappathy, Aloo Baigon (Red), Soya Biryani, Chamba Rice, Seasonal Thoran, Lemon Coriander Rasam, Raitha with (Onion/Cumber/Tomato), Pickle		Tea, Maggie, Tomato sauce	Chappathi, Carrot Banana Sagu, Methi Dal, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg Steamed Banana	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/- Rs 8/-	Kootu Channadal Tadka Green Salad Fryams Watermelon Cuts	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/-		Egg Masala Salad Thoran/ Mezhukku	Rs. 15/- Rs. 3/- Rs. 6/-
<b>Sunday (II)</b>	Oothappam, Chutney(White), Sambar, Bread & Jam		Chappathy, Veg. Manchurian (Dry), Veg. Fried Rice, Chamba Rice, Veg. Koottu, Tamarind Rasam, Boondi Raitha, Pickle		Tea, French fries, Tomato sauce	Wheat Paratha, Makkai Aloo ki Subzi., Dal Tadka, Plain Rice/ Chamba Rice, Rasam, Curd, Pickle	
	Milk (150 ml) Coffee (150 ml) Butter Sachet (10 gm) Boiled Egg	Rs. 7/- Rs. 5/- Rs. 6/- Rs 5/-	Thoran/ Mezhukku Dal Tadka Kuchumber Salad Appalam Banana	Rs. 6/- Rs. 3/- Rs. 3/- Rs.2/- Rs. 7/-		Paneer Mutter Masala Salad Koottu/ Avial	Rs. 36/- Rs. 3/- Rs. 6/-

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