

South Mess Monsoon Menu w.e.f 01.09.2024

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carb 1	Upma	Poori/Kachori	Dalia	Pongal	Sewai Upma	Uggani	Poha
	Carb 2	Pesarattu	Bread- Butter- Jam	Uttapam	Wada	Idly	Bonda	Dosa (Karam/Corn/Paneer)
	Accompaniments	Sambar, Chutney, Allam Chutney	Sambar, Chutney, Allam Chutney	Sambar, Chutney	Sambar, Chutney	Sambar, Chutney	Sambar, Chutney	Aloo Sabji/ Chole
	Mandatory Item	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
	Protein	Sattu Drink	Steamed Moong Sprouts	Steamed Chana Sprouts	Sattu Drink	Steamed Moong Sprouts	Steamed Peanut	Sattu Drink
	Fruit	Watermelon	Banana	Muskmelon	Pineapple	Papaya	Banana	Muskmelon
	Drink	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk
Lunch	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Pulihora	Jeera Rice/ Green Peas Pulao	Veg Biryani	Bisi bele Bath, Boondhi	Pulao	Tomato Rice	Veg/Paneer Biryani
	Carb 3		Roti		Palak Roti	Roti	Roti	
	Protein 1/Dal	Dosakaya Pappu	Thotakura Pappu	Tuver Dal	Mix Dal	Masoor Dal	Muddha Pappu	Palakura Pappu
	Protein 2	Soyaseeds	Kala Chana	Chenaga Bella Payasam	Soyaseeds	Chole	Lobia	Green Peas Masala
	Veg1	Tomato Drumstick Curry	Meal Maker	Potato Curry	Cauliflower	Chana Brinjal	Kofta Curry	Aloo Matar Curry, Raita
	Veg2	Pappu Charu	Boondhi Raita/Rasam	Raita	Creamy Tomato Soup	Sambar	Pacchi Pulusu	Sambar, French Fries
	Accompaniants	Chutney/ Pachhadi, Curd, Peanut Salad, Papad	Chutney/ Pachhadi, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Onion Salad, Fryums	Chutney/ Pachhadi, Curd, Salad, Paapad	Chutney/ Pachhadi, Curd, Salad, Fryums	Mango Pickle, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Onion Salad, Challa Mirchi
	Dessert	Mix seed laddu / Coconut Laddu / Flax seed Laddu			Semiya Payasam			Fruit Custard
Snacks	Item	Mirchi Bajji	Gunta Ponganalu	Samosa	Onion Pakodi	Aloo Bonda	Steam Dosa	Masala Wada
	Drink	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk
Dinner	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Chapathi	Roti	Dosa	Lacha Paratha	Tomato Rice	Poori	Roti
	Protein 1/Dal	Tuver Dal	Moong Dal	Masoor Dal	Dalcha	Green Moong Dal	Mix Dal	Moong Dal
	Protein 2	Kadai Paneer	Chole	Groundnut Chutney	Matar Paneer	Lobia	Soyabean	Rajma
	Veg1	Cabbage Poriyal	Beerakaya Tomato Curry	Aloo Kurma	Dondakaya Curry/Beetroot	Carrot Green Peas Fry	Brinjal, Chole	Gobi/Veg Manchuria
	Veg2	Pepper Rasam	Sambar	Sambar, Dondakaya Dum	Tomato Rasam	Aloo 65	Ginger Rasam	Pappu Charu
	Accompaniants	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad, Daddojanam
	Dessert			Spl.Sweet		Basen chakki/Palli Chikki		

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Note: [Threaded comment]

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Comment:  
Add green leafy vegetables or other vegetables in dal or in Sabzi or, in both

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Note: [Threaded comment]

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Comment:  
Avoid green leafy vegetables during the monsoon.

Cell: B28  
Note: [Threaded comment]

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Comment:  
Avoid green leafy veg during the monsoon months.