

South Mess Monsoon Menu w.e.f 01.12.2024

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|----------------|--|--|--|--|--|-----------------------------------|--------------------------------------|
| Breakfast | Carb 1 | Upma | Triangle Paratha | Dalia | Pongal | Sewai Upma | Poha | Bread- Butter- Jam |
| | Carb 2 | Pesarattu | Bread- Butter- Jam | Uttapam | Wada | Idly | Stuffed Paratha (Aloo/Paneer) | Dosa (Karam/Corn) |
| | Accompaniments | Sambar, Chutney, Allam Chutney | Aloo Sabji | Sambar, Chutney | Sambar, Chutney | Sambar, Chutney | Sambar, Chutney, Curd & Pickle | Sambar, Chutney |
| | Mandatory Item | Cornflakes | Cornflakes | Cornflakes | Cornflakes | Cornflakes | Cornflakes | Cornflakes |
| | Protein | Sattu Drink | Streamed 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 | Roti | Roti | Palak Roti | Roti | Roti | Roti |
| | Protein 1/Dal | Dosakaya Pappu | Thotakura Pappu | Tuver Dal | Mix Dal | Masoor Dal | Muddha Pappu | Palakura Pappu |
| | Protein 2 | Rajma Masala | Kala Chana | Chenaga Bella Payasam | Soyaseeds | Chole | Lobia | Green Peas Masala |
| | Veg1 | Tomato Drumstick Curry | Meal Maker | Potato Curry | Cauliflower | Khadi Pakoda | Kofta Curry | Raita & Mirchi ka Salan |
| | Veg2 | Pappu Charu | Boondhi Raita/Rasam | Raita | | 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 |
| | Dessert | Mix seed laddu / Coconut Laddu / Flax seed Laddu | | | Semiya Payasam | | | Fruit Custard |
| | | | | | | | | |
| Snacks | Item | Samosa | Gunta Ponganalu | Mirchi Bajji | Onion Pakodi | Aloo Bonda | Pav Bhaji | 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 | Roti | Poori | Roti |
| | Protein 1/Dal | Tuver 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, Noodles | Sambar, Dondakaya Dum | Tomato Rasam | Aloo 65 | Ginger Rasam | Pappu Charu |
| | Accompaniants | Pickle, Curd, Salad | Pickle, Curd, Salad | Pickle, Curd, Salad | Pickle, Curd, Salad | Karam podi, Curd, Salad | Pickle, Curd, Salad | Pickle, Curd, Salad, Daddojanam |
| | Dessert | | | Spl.Sweet | | Basen chikki/Palli Chikki | | |