

Kadamba Mess Monsoon Menu w.e.f 01.09.2024

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carb 1	Wada	Triangle Paratha	Kanchipuram Idly	Veg Utappam	Dosa (Masala/corn)/Pesarattu	Aloo / Paneer Paratha	Idly
	Carb 2	Toasted Bread	Dalia Upma	Toasted Bread	Pongal	Veg Upma	Ugani	Poha
	Accompaniments	Butter, Jam, Sambar, Chutney	Aloo Curry, chutney	Butter, Jam, Sambar, Chutney	Sambar,Chutney	Sambar,chutney	Sambar,chutney	Pickle,Chutney
	Mandatory item	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
	Protein 1	Steamed moong sprouts Salad	Sattu Drink	Steamed Chana sprouts Salad	Sattu Drink	Steamed moong sprouts Salad	Steamed Peanut Salad	Sattu Drink
	Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	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	Veg Polao	Pulihora/Lemon rice	Veg Biryani	Zeera Rice	Bagara Rice	Bisi belle Bhat	Veg Biryani
	Carb 3	Phulka	Methi Roti / Chapati	Phulka	Phulka	Phulka	Palak Phulka	
	Protein 1/Dal	Rasam	Sambar	Tuver ki Dal	Sambar	Rasam	Tuver Daal	Masoor Daal
	Protein 2	Rajma	Masoor Daal	Choley	Green Moong Ki Dal	Dal Makhani	Kadhi - pakori	
	Veg1	Cabbage Dry	French Fry	Aloo Capsicum Dry	Beetroot with Coconut	Arbi / Karela Fry	Brinjal	Mirchi Ka Salan
	Veg2	Bhendi Curry	Ridge Gourd Curry	Mirchi Ka salan	Gatte Ki Sabzi / Malai Kofta	Kadai Paneer	methi moong	
	Accompaniments	Fresh chutney, Curd, Green Salad	Fresh chutney, Curd, Kheera Salad	Fresh chutney, Curd, Lachcha Pyaaz , Lemon & Raita	Fresh chutney, Curd, Mixed Salad	Fresh chutney, Curd, Green Salad	Fresh chutney, Curd, Moong Daal Salad	Fresh chutney, Curd, Lachcha Pyaaz , Lemon & Raita
Snacks	Dessert		Semiya Kheer					Fruit Custard
	Item	Aloo Bonda	Papdi Chaat	Gunta Puganalu / Sandwich	Samosa	Pav Bhaji	Pasta / Bhel poori	Chidwa
Dinner	Drink	Tea / Milk / Coffee	Tea / Milk / Coffee	Tea / Milk / Coffee	Tea / Milk / Coffee	Tea / Milk / Coffee	Tea / Milk / Coffee	Tea / Milk / Coffee
	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Butter Naan + Double Roti	Poori	Wheat Lachcha Paratha	Double Roti	Phulka	Dosa	Noodles+Pulka
	Protein 1	Tuver Dal	Choley	Panchrang Daal	Dal fry	Tomato Daal	Sambar – chutney	Daal Moong
	Protein 2	Kala Chana	millet khichdi	Paneer Butter Masala	Soya bean	Lobia	chana daal	
	Veg	Aloo Dum / Kadai Veg	Donda	Aloo Chokha	Veg Jaal Frezy	Malai Kofta/Pumpkin Chana	Aloo Masala	Verg / Gobi Manchurian & Aloo Gobi Curry
	Accompaniants	Pickle, Curd, Salad	Pickle, Boondi Raita	Pickle, Curd	Pickle, Curd, Salad	Pickle, Curd	Pickle, Curd	Pickle, Curd, Salad & crotons
	Dessert	Boondi/double ka metha			Jalebi/Halwa		Special sweet	
	Soup		Veg Clear Soup			Veg Manchow Soup		Tomato Soup