

| MESS MENU | | | | | | | |
|---|---|-----------------------------|-----------------------------|---|--------------------------------|-----------------------------|---------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast | Aloo onion paratha | Uttapam | Mix Paratha | Poha | Idli | Methi/Palak paratha | Masala Onion Dosa |
| | Chutney | Sambhar & chutney | Dhaniya Chutney | Green Chutney | Sambhar & chutney | Aloo Tamatar Sabji | Sambar |
| | Curd | | Curd | | | | Coconut Chutney |
| | | | Fruits/ 2 Eggs | 2 Banana/ 2 Eggs | Fruits/ 2 Omlette | Fruits / 2 Eggs | |
| | Cornflakes | Daliya | Cornflakes | Daliya | Daliya | Cornflakes | Daliya |
| | Milk(200 ml) | Milk(200 ml) | Milk (200 ml) | Milk (200 ml) | Milk(200 ml) | Milk (200 ml) | Milk (200 ml) |
| | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) | Bread (4 slices) |
| | Butter | Butter | Butter | Butter | Butter | Butter | Butter |
| | Jam | Jam | Jam | Jam | Jam | Jam | Jam |
| | Bournvita | Bournvita | Bournvita | Bournvita | Bournvita | Bournvita | Bournvita |
| | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags | Coffee Powder/ Tea bags |
| Sprouts(Black Chana+ Moong+Lemon) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | Sprouts(Black Chana+ Moong) | |
| | | | | | | | |
| Lunch | Arher Dal | Moong Dal | Kadhi Pakora | Aloo Began Bhartha | Rajma | Paneer Bhurji, Egg Bhurji | Bhature |
| | Veg Kofta | Cabbage-Matar | Kaddu Khatta | White Chole | Aloo Shimla Mirch | Chana Dal | Chole |
| | | Rice | Masala Papad/ Fryums | Poori | Jeera Rice | | Green Chutney |
| | Roti | Roti | Roti | Curd | Roti | Roti | Fried Masala Chilli |
| | Rice | | Jeera Rice | Rice | | Rice | Khichdi |
| | | Bundi Raita | | | Curd | | Butter Milk |
| | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Salad |
| | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle | Lemon + Pickle |
| | | | | | | | |
| Dinner | Mix Veg (gajar+paneer or Mushroom+bean +gobi+matar) | Aloo Tamatar Sabzi | Kadahi Paneer/ ChickenCurry | Mix Veg (gajar+paneer or Mushroom+bean +gobi+matar) | Paneer butter masala/Egg Curry | Aloo Matar | Paneer Biryani/ Chicken Biryani |
| | Roongi Dal | Dal Makhni | Red Massor Dal | Dal Tadka | Mix Dal | Dal Fry | Aloo soyabean |
| | Motichur Laddu | Fruit Custard | Besan Halwa | Gulab Jamun | Besan Burfi | Kheer | Raita |
| | Roti | Roti | Roti | Roti | Roti | Roti | Ice-Cream |
| | Rice | Rice | Rice | Rice | Rice | Rice | Roti |
| | Pickle | Pickle | Pickle | Pickle | Pickle | Pickle | |
| | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad | Green Salad |
| | Lemon | Lemon | Lemon | Lemon | Lemon | Lemon | Lemon + Pickle |
| Green Salad:- Beet-root, Onion(Compulsory), Carrot, Tomato, Cucumber (At Least 2). Dahi should be served on plates. | | | | | | | |