



# BANNARI AMMAN INSTITUTE OF TECHNOLOGY

SATHYAMANGALAM - 638 401

Ph: 04295-226000 E-mail: stayahead@bitsathy.ac.in

## Ladies Mess Menu

DAYS	BREAK-FAST	LUNCH	DINNER
01-10-25 Wednesday	Roast Kumbakonam kadappa Wheat rava upma + Curd Tomato Chutney Tea/Coffee/Milk	Rice Arachuvecha (Drumstick, Onion) Kulambu Tomato Rasam Beetroot poriyal Payasam Appalam & Butter Milk	Variety Idly Sambar Coconut Rice Curd Rice Kara Chutney Badham Milk/Ragi Malt
02-10-25 Thursday	Bread+Jam+Butter Onion Mini Uthappam Tomato Kulambu Ground Nut Chutney Tea/coffee/milk	Rice Dhall Fry( Northindian Style) Dhall Rasam Potato Pattani Poriyal Appalam Butter Milk	Chapati+Jam Rajma Beans Masala Soya Biryani Curd Rice Veg Salad/Onion Raita Egg Masala/Pepper Fry
03-10-25 Friday	Idly Sambar Kakandu Pineapple Pongal Meduvadai Coconut Chutney Tea/coffee/milk	Rice Vathal Puli Kulambu Kollu Rasam Appalam Snake Gourd Poriyal Curd	Romali Roti Veg Butter Masala Channa Pulao Curd Rice Banana
04-10-25 Saturday	Machine Dosa Thattapayaru+Potato Kuruma Aval Upma Kara Chutney Tea/coffee/milk	Rice Drumstick Sambar Rasam Payasam+Poriyal Paruppu Vadai Butter Milk	Idly Sambar Noodles( Rice/Normal) Curd Rice & Tomato Sauce Coconut Chutney Rose Milk/Chukku Milk
05-10-25 Sunday	Bread+Jam+Butter Semiya Upma Coconut Chutney Tea/ coffee /milk	Rice Veg Biryani Coconut Milk Rasam Egg Gravy Onion Raitha Butter Milk	Masala Utthappam Sambar Coconut Rice Curd Rice Onion Thuvaiyal Banana
06-10-25 Monday	Podi Dosa Plain Kuruma Rava Kitchadi Coconut Chutney Tea/coffee/milk	Rice Morkulambu Tomato Rasam Yam Poriyal Kambhookhool+Vathal Butter Milk	Idly Tiffin Sambar Veg Fried Rice Curd Rice Tomato Sauce Kaara Chutney
07-10-25 Tuesday	Variety Pongal Veg Semiya Sambar Meduvadai Coconut Chutney Tea/coffee/milk	Rice ChettinaduStyle(Brinjal ) Kulambu Rasam Cabbage Poriyal Appalam Buttermilk	Chapati Green Peas Masala Mint Rice Veg Salat/Onion Raita Curd Rice Ragi /Aval Sweet

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08-10-25 Wednesday	Millet Idly Tomato Kulambu White rava Upma Coconut Chutney Tea /Coffee/ Milk	Rice Dhall Fry Puli Rasam Beet Root Poriyal Payasam+Appalam Buttermilk	Machine Dosa Thatta payaru Sadham Sambar Curd Rice Kaara Chutney
09-10-25 Thursday	Bread+Jam+Butter Ghee podi Utthappam Nilgiri Kuruma Groundnut Chutney Tea /Coffee/ Milk	Rice Tomato Rice Sambar Sadham Dhall Rasam Onion Raita Vadagam Butter Milk	Chapati, Jam Soya Kuruma Peas Pulao Curd Rice Veg Salad/Onion Raita Egg Pepper Fry/Masala
10-10-25 Friday	Idly Karuppatti Pongal Sambar Meduvadai Coconut Chutney Tea/Coffee/Milk	Rice Kollu Paruppu Kollu Rasam Potato poriyal Appalam Curd	Wheat Parotta Plain Salna Paruppu Sadham Curd Rice Coconut Chutney Banana
11-10-25 Saturday	Kal dosa Brinjal Kosthu Wheat Rava Upma+Curd Coconut Chutney Tea/coffee /milk	Rice Kadhamba Sambar Dhall Rasam Payasam+Poriyal Paruppu Vadai Buttermilk	Idly Kuruma Puli Sadham Curd Rice Beetroot Chutney Rose Milk/Chukku
12-10-2025 Sunday	Bread+jam+butter Thinai Pongal Sambar Coconut Chutney Tea/coffee/milk	Mushroom Biryani Onion Raita White rice Pacha puli/Coconut milk Rasam Egg gravy Butter milk	Roast Poatao Kuruma Noodles(rice/Normal) Tomato Sauce Curd Rice & Banana Veg Chutney Rose Milk/Chukku Milk
13-10-25 Monday	Idly White Kuruma Kesari Aval Upma Kaara Chutney Tea Coffee Milk	Rice Mochaikulambu Pineapple Rasam Bottle Gourd Kootu Kambukhool +Vathal Butter Milk	Onion Dosa Pasiparuppu Sambar Puli Sadham Curd Rice Coriander Chutney Banana
14-10-25 Tuesday	Ven pongal Sambar Malli semiya Meduvadai Coconut chutney Tea/coffee/Milk	Rice Pachai payaru kulambu Milagu Rasam Mixed poriyal Appalam & Curd	Chapathi Tomato Thokku Karuveppillai sadam Curd Rice & Boiled egg Veg Salad & Jam
15-10-25 Wednesday	Variety Dosa Aval uppuma Sambar Onion chutney Tea /Coffee /Milk	Rice Dhall fry Dhall Rasam Appalam Payasam Aviyal / Erissery Butter milk	Idly Potato kuruma Noodles Curd Rice Coconut chutney Badam Milk/Ragi Malt Tomato Sauce





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16-10-25 Thursday	Bread Jam+Butter Masala Uthappam Sambar Groundnut chutney Tea/ Coffee/ Milk	Rice Thatta Payaru kulambu Kollu Rasam Cabbage masala Poriyal <b>Appalam</b> <b>Butter milk</b>	Chapati Channa Masala Paruppu sadham Curd Rice Egg masala/Egg pepper Fry Jam/salad
17-10-25 Friday	Ragi Idly Yellow pumpkin sambar Sweet pongal Medu Vadai Coconut chutney Tea/ Coffee/ Milk	Rice Kothavarai vathal kulambu Lemon Rasam Snake gourd Poriyal Appalam Curd	Rumali Roti Mixed veg curry Mint rice Curd Rice Banana
18-10-25 Saturday	Machine Dosa Veg Paya Ragi Semiya Coconut chutney Tea /coffee/milk	Rice Drumstick+Mango sambar Tomato Rasam Payasam Paruppuvadai+Poriyal Buttermilk	Idly Brinjal Gosthu Coconut Rice Curd Rice Coriander Chutney Rose Milk/Chukkupaal
19-10-25 Sunday	Bread Jam butter Semiya Coconut Chutney Tea /Coffee/ Milk	Rice Soya Biryani Pachapuli Rasam Egg Greavey Onion Raita Butter Milk	Onion Dosa Veg Rice Sambar Curd Rice Banana+Tomato Sauce Onion Chutney
20-10-25 Monday	Veg uthappam Rava upma White kuruma Coriander chutney Idly podi with gingelly oil Tea /Coffee/ Milk	Rice Pachapayaru kulambu(Potato) Rasam Bottle gourd kootu Kambhookhool+ vathal Buttermilk	Idly Sambar Lemon sadham Coconut chutney Curd rice Banana
21-10-25 Tuesday	Seeragasambakurunai Pongal Tomato Semiya Sambar Medhu Vadai Coconut Chutney Tea/coffee/milk	Rice Kollu paruppu Kollu Rasam Carrot Green Peas Poriyal Appalam+Curd	Chapathi Pattani Paal Curry Kuruma Soya Biryani Egg+Jam Curd Rice Veg Salad / Onion Raitha
22-10-25 Wednesday	Idly Tomato Kulambu Wheat Rava Upma+Curd Mint Chutney Tea /Coffee/milk	Rice Morkulambu Milagu Rasam Potato Finger 65 Payasam Appalam Butter Milk	Kal Dosa Sambar Puli Sadham Curd Rice Veg Chutney Badham Milk/Ragi Malt
23-10-25 Thursday	Bread+Jam+Butter Onion Mini Uttappam Sambar Kaara Chutney Tea/coffee/milk	Rice Tomato Rice Sambar Sadham Onion Raitha Rasam Vadagam Butter Milk	Chapathi+Jam Mixed Veg Curry Veg Pulao Curd Rice Egg Pepper Fry/ Masala Veg Salad/ Onion Raitha

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24-10-25 Friday	Idly Drumstick Sambar Sweet Pongal Medhu Vadai Coconut Chutney Tea /Coffee Milk	Rice Vathal Kulambu Dhall Rasam Sundal Poriyal Appalam Curd	Parotta Veg Kuruma(Hotel style) Malli Rice Curd Rice Coconut Chutney Banana
25-10-25 Saturday	Dosa Poatao Masala Sambar Ragi Semiya Onion Thuvaiyal Tea/coffee/milk	Rice Kadhamba Sambar Rasam Payasam+Poriyal Paruppu Vadai Butter Milk	Paruppu Sadham Egg Rice Veg Rice+Tomato Sauce Curd Rice Vadagam Rose Milk/Chukku Milk
26.10.2025 Sunday	Bread+Jam+Butter Ven Pongal Sambar Coconut Chutney Tea Coffee Milk	Rice Veg Biriyan Pachapuli Rasam Egg Greavey Onion Raitha Butter Milk	Podi Dosa Noodles Brinjal Kosthu Curd Rice Tomato Sauce Banana
27.10.2025 Monday	Idly Kesari Potato kuruma Bread Upma/Aval Upma Coriander Chutney Tea Coffee Milk	Rice Arachuvecha(Drumstick,Onion) Kulambu Milagu Rasam Kadhamba Poriyal Kambu Kooz+Vatha Butter Milk	Variety Dosa Pasiparuppu Sambar Coconut Rice Curd Rice Veg Chutney Banana
28.10.2025 Tuesday	Ven Pongal Sambar Semiya Upma Medhu Vadai Coconut Chutney Tea /Coffee/Milk	Rice Pachapayaru Kulambu Tomato Rasam Banana Steam Poriyal Appalam Butter Milk	Chappathi Veg Butter Masla Kushka Curd Rice Ragi/Aval Sweet Boiled Egg Onion Raitha/Veg Sald
29.10.2025 Wednesday	Roast Kumbakonam kadappa Wheat rava upma + Curd Tomato Chutney Tea/Coffee/Milk	Rice Vathal Kulambu Tomato Rasam Beetroot poriyal Payasam Appalam & Butter Milk	Variety Idly Sambar Coconut Rice Curd Rice Kara Chutney Badham Milk/Ragi Malt
30.10.2025 Thursday	Bread+Jam+Butter Onion Mini Uthappam Tomato Kulambu Ground Nut Chutney Tea/coffee/milk	Rice Dhall Fry Dhall Rasam Potato Pattani Poriyal Appalam Butter Milk	Chapati+Jam Kadai Veg Curry Soya Biryani Curd Rice Veg Salad/Onion Raita Egg Masala/Pepper Fry
31.10.2025 Friday	Idly Sambar Kakandu Pineapple Pongal Meduvadai Coconut Chutney Tea/coffee/milk	Rice Vathal Puli Kulambu Kollu Rasam Appalam Snake Gourd Poriyal Curd	Romali Roti Channa Masala Channa Pulao Curd Rice Banana

P. [Signature]  
30/10/2025

**Viswanathkumar.P**  
Manager-Facilities

N.R. [Signature]  
30/10/25

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