

Mess Menu Jan-24			
	BREAKFAST	LUNCH	DINNER
COMPULSORY	Regular: Sprouts (moong, chana), Daliya, Tea Option-1: Milk (Horlicks or Bourn-Vita)/ Coffee/ Egg (2 pcs.)/ Omelet (1 pcs.) / Cornflakes Option-2: Regular Breakfast/ Bread, (Butter/ Jam/ Peanut Butter), Toast Extras: Chocos	Roti (Plain/ Butter), Rice, Dal, Curry, Salad, Curd/ Fruits Sick Diet Khichdi & Curd	Roti (Plain/ Butter), Rice, Dal, Curry, Salad Sick Diet Khichdi & Curd
MONDAY	Idli, Idli Fry, Sambhar, Chutney	Chhole Bhature, Rice Kheer, Plain Rice, Fried Mirchi EXTRA – Dahi Papdi, Chicken Tikka	Aloo Palak (Gravy), Panchratan Dal EXTRA – French Fries, Fish Fingers, Coconut Ladoo
TUESDAY	Aloo & Mayo Sandwich, Veg Cutlet (2 pcs.), Chutney	Maatar Makhana, Dal (Chana), Jeera Rice, Boondi Raita EXTRA – Rabri Gulab Jamun	Manchurian (Gravy), Fried Rice, Plain Paratha, Dal (Arhar) EXTRA – Moong Dal Halwa
WEDNESDAY	Stuff Matar Puri, Aloo Tamatar Sabji (Dry), Chutney	Rajma Masala, Lemon Rice, Aloo Sem (Dry), Papad EXTRA – Chilli Paneer, Chilli Chicken, Pakija	Matar Paneer/Egg Curry/Punjabi Chicken, Plain Paratha, Plain Roti, Moong Dal (Bhaja)
THURSDAY	Pav Bhaji	Kadhi Pakoda, Aloo Shimla (Dry), Plain Rice EXTRA – Aloo Tikki Chat, Chenna Tikki	Navratan Korma, Dal (Arhar Chana), Onion Rice EXTRA – Butter Chicken, Chandra Mukhi
FRIDAY	Uttapam, Sambhar, Chutney	Paneer Paratha(2 pcs.), Mix and Aloo Paratha, Aloo Soyabean Masala, Boondi Raita, Chutney, Papad EXTRA – Malai Chaap (Desert)	Kaddu Sabji, Chana Dal, Urad Poori, Sewai Kheer/ Custard EXTRA – Mutton Biryani/ Chicken Biryani, Soya Chaap
SATURDAY	Veg Poha, Jalebi, Curd EXTRA – Aloo Bhujiya	Mix Veg.(Dry), Dal (Malka Masoor), Green Raita EXTRA – Kadhai Paneer, Kadhai Chicken, Rasmalai	Gobhi Matar, Dal Makhani, Jeera Rice EXTRA – Roasted Chicken/ Chicken Kali Mirch, Moti Chur Ladoo
SUNDAY	Dosa, Sambhar, Coconut Chutney	Aachari Aloo, Arhar Dal (Tadka), Tehri EXTRA – Egg Biryani, Milk Cake	Paneer Butter Masala, Dal (Balck Masoor), Veg Pulao, Missy Roti, Garlic Naan, Tandoori Roti, Gajar Halwa, Kuchumber Salad, Papad

Mess Manager Signature