

	MESS MENU							
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Aloo onion paratha	Poori Chana	Mix Paratha	Idli	Uttapam	Methi/Palak paratha	Masala Onion Dosa
		Chutney	Halwa	Dhaniya Chutney	Sambhar & chutney	Sambhar and Chutney	Aloo Tamatar Sabji	Sambhar
		Curd	Daliya	Curd	Daliya	Daliya		Daliya
			2 Banana/ 2 Eggs	Fruits/ 2 Eggs	Fruits/ 2 Omlette	Fruits / 2 Eggs		Coconut Chutney
		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&Jam	Butter&Jam	Butter&Jam	Butter&Jam	Butter&Jam	Butter&Jam	Butter&Jam
		Cornflakes/Coffee Powder/ Tea bags/ Bournvita	Coffee Powder/ Tea bags/ Bournvita	Cornflakes/Coffee Powder/ Tea bags/ Bournvita	Coffee Powder/ Tea bags/ Bournvita	Coffee Powder/ Tea bags/ Bournvita	Cornflakes/ Coffee Powder/ Tea bags/ Bournvita	Coffee Powder/ Tea bags/ Bournvita
		Sprouts(Black Chana+ Moong)	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	Mix Dal	Rajma	Kadhi Pakora	Sitafal	Aloo Shimla Mirch	Dry Paneer Bhurji, Egg Bhurji	Bhature
		Veg Kofta	Cabbage-Matar	Aloo Zeera	White Chole	Moong Masoor Dal	Chana Dal	Chole
			Jeera Rice	Masala Papad/ Fryums	Poori	Rice		Green Chutney
		Roti	Roti	Roti	Massala Chaach	Roti	Roti	Fried Masala Chilli
		Rice		Jeera Rice	Rice		Rice	Khichdi
			Curd			Bundi Raita		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	Allo Bhindi Pyaz	Lauki Chana	Paneer Do Pyaza/ ChickenCurry	Mix Veg (gajar+paneer or Mushroom+bean +gobi+matar)	Paneer butter masala/Egg Curry	Aloo Matar	Paneer Biryani/ Chicken Biryani
		Dal Tadka	Dal Makhni	Dal Fry	Black Masoor dal	Arher Dal	Roongi Dal	Aloo soyabean
		Fruit Custard	Motichur Laddu	Besan Halwa	Gulab Jamun	Besan Burfi	Thandi Sewayi	Veg- Raita
		Roti	Roti	Roti	Roti	Roti	Roti	Ice-Cream
		Rice	Rice	Rice	Rice	Rice	Rice	Roti
		Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
		Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle	Lemon + Pickle
	Green Salad:- Beet-root, Onion(Compulsory), Carrot, Tomato, Cucumber (At Least 2). Dahi should be served on plates.							