

# MESS MENU

(w.c.f. 09 Mar 2015)

DAY	BREAKFAST	LUNCH	SUPPER	DINNER
SUNDAY	1.Tea & Milk 2.Poori 3.Kale chana 4.Suji Halwa	Jeera Rice Chole Pickle Papad Salad	Tea Bread Pakora	MatarPaneer Urad Dal Kheer Rice Roti Pickle
MONDAY	1.Namkeen 2.Bread Butter 3.Poha 4.Daliya,Fruit 5.Tea & Milk	Saboot Moog Roti ,Rice Bhindi Raita,Salad	Samosa Tea	Whole Masoor Dal Seasonal Veg. Roti Rice
TUESDAY	1.Pav Bhaji 2.Tea & Milk	Chole Bhature Raita Rice Fry mirch, Salad	Mixed Pakori Coffee	MatarTamatar Aarhar Dal RiceRoti Sewian khir
WEDNESDAY	1.Parathein,Butter 2.Fruits 3.Tea & Curd	Palak mix sag Rajma Roti Rice ,Raita Salad,	Sandwich Tea	ShahiPanner Mix Veg Rice Pallak Puri Fry Mirch
THURSDAY	1.Chole Kulcha 2.Tea 3.Fruits	Kadhi Soyabeen + Matar Roti Rice Salad	Chela Thandai	Chana Masala Loki Kofta Roti Rice GulabJamun Dhaniamatar Chutney
FRIDAY	1.Jalebi 2.Tea 3.Banana 4.Milk 5.Corn Flake	Seasonal Veg Massor Dal whole Roti Rice Raita Dhaniya Chutney	Kachori Coffee	Dal Makhni Beans/Seasonal Veg. Roti Rice Aachar
SATURDAY	1.Stuffed Paratha 2.Fruit 3.Tea,Milk 4.Butter	Chana Dal Paalak Veg Rice,Roti Salad, Raita	Uppama Tea	LaukiChana Ki sabji Lobia Sweet Bondi Roti Rice Papad