

VIT-AP UNIVERSITY HOSTELS, AMARAVATI

VEG & NON-VEG MESS MENU FOR THE MONTH OF JULY-2025

DAYS	BREAK FAST	LUNCH	SNACKS	DINNER
Monday 14,28	Chole Bhature, Shavige Bath, Groundnut Chutney, Bread + Butter + Jam, Tea, Coffee Powder, Milk, NV - Boiled Egg, Sprouts	Phulka, Muddha Pappu, Avakaya (Mango Pickle), Ghee + Podi, Kadai Veg, White Rice, Rasam, Salad (Carrot And Cucumber), Raw Banana Poriyal, Buttermilk, Fryums, Sweet, Coconut Burfi, Dosakaya Chutney	Masala Sweetcorn, Cold Badam Milk	Chapathi, Paneer Butter Masala/Chicken Butter Masala, Dal Tadka, Sambar, White Rice, Curd, Fruit (Banana), Pickle, Milk, Coffee Powder, Onions
Tuesday 1,15,29	Masala Dosa, Vada Pav, Coconut Chutney, Sambar, Toasted Bread + Butter + Jam, Tea, Coffee Powder, Milk, Sprouts	Chapathi, Jeera Rice, Rajma Masala, Cabbage, Beans & Carrot Poriyal, White Rice, Tomato Chutney, Lemon Water, Curd Vadai, Potato Chips, Sambar, Salad (Carrot And Cucumber)	Aloo Samosa, Imli Chutney, Tea, Coffee	Phulka, Veg Biryani (01-07-25), Mushroom Biryani (15-07-25), Veg Kurma (Veg)/Tomato Egg Curry (NV), Rice, Rasam, Dal Makhni, Raitha, Pickle, Coffee, Milk, Fruit (Pineapple), Salad (Onions)
Wednesday 2,16,30	Veg Pongal, Vada (3 Pcs), Sambar, Coconut Chutney, Brown Bread + Butter + Jam, Coffee Powder, Tea, Milk, NV - Egg Podimas, Sprouts	Chilli Paneer (Semi Gravy), Andhra Style Chicken Fry, Chapathi, Bhagara Rice, Dal Makhani, Rasam, White Rice, Vankaya (Brinjal) Chutney, Onion Raitha, Palada Payasam	Masala Puri, Sauce, Tea, Coffee	Plain Dosa, Dal Chutney, Chapathi, Lauki Channa Masala, Tomato Dal, White Rice, Radish Kara Kolambu, Curd Rice, Milk, Coffee Powder, Lemon Pickle, Dessert – Fruit Custard (Minimum 4 Types Fruits), Sambar, Salad (Carrot And Cucumber)
Thursday 3,17,31	Poori, Potato Masala Bhaji, Veg Poha, Coconut Chutney, Bread + Butter + Jam, Tea, Coffee Powder, Milk, NV - Boiled Egg, Sprouts	Phulka, White Rice, Pudhina Rice, Veg Do Pyaza, Dosakaya Pappu, Dondakaya Poriyal, Rasam, Majiga Chaaru, Beerakaya Chutney, Ghee + Podi, Papad, Buttermilk, Salad (Carrot And Cucumber)	Pazham Pori (3 Pcs), Coffee, Tea	Roti, Veg Noodles, Aloo Carrot Cauliflower Gravy, Amaranthus Dal, White Rice, Cabbage Deep Fry (65 Style), Tomato Sauce, Rasam, Milk, Curd, Coffee Powder, Seasonal Fruits (Musk Melon), Pickle, Salad (Carrot And Cucumber)
Friday 4,18	Karam Podi Dosa (3 Nos), Wheat Upma, Groundnut Chutney, Sambar, Brown Bread + Butter + Jam, Tea, Coffee Powder, Milk, NV - Egg Burji, Sprouts	Roti, Veg Pulao, Plain Rice, Brinjal Fry Curry (Ennai Kathirikai), Sambar, Dal Maharani, Beetroot Chenna Poriyal, Lemon Water, Coriander-Tomato Chutney, Salad (Carrot And Cucumber), Curd, Fryums, Gajar Ka Halwa/Carrot Halwa	Chitti Punugulu (8-10), Tomato Chutney, Tea, Coffee	Chapathi/Lacha Paratha (2 Pcs Standard Size), Chetnad Chicken Curry/Shahi Paneer Curry, Curd, White Rice, Bottle Gourd Kootu, Sambar, Fruits Custard, Pickle, Coffee Powder And Milk, Onions
Saturday 5,19	Mysore Bonda (3 Pcs), Carrot Idly, Sambar, Tomato Chutney, Bread, Butter, Jam, Tea, Coffee Powder, Milk, NV - Omelet, Sprouts	Chapathi, Tomato Rice, White Rice, Beerakaya-Tomato Curry, Mango Dal, Aloo 65, Buttermilk, Bottle Gourd Chutney, Rasam, Salad (Carrot And Cucumber), Fryums	Dhokla (3 Pcs), Green chutney, Ginger Tea, Coffee	Dal Punjabi, Roti, Veg Fried Rice, Gobi Manchurian (3 Pcs), White Rice, Sambar, Pickle, Milk, Coffee Powder, Fruit (Watermelon), Curd, Salad (Carrot And Cucumber)
Sunday 6,20	Aloo Paratha (2 Pcs Medium Size), Uggani, Mango Pickle, Groundnut Chutney, Curd, Brown Bread, Butter, Jam, Black Coffee Powder, Milk, NV - Egg Podimas, Sprouts	Chicken Dum Biryani (NV), Paneer/Mushroom-Green Peas-Vegetable Dum Biryani (Veg), Gravy (Chicken Gravy - NV / Mirchi Ka Salan - Veg), Phulka, White Rice, Dal Fry, Gongura Chutney, Onion Raitha, Rose Milk With Sabja Seeds, Ice Cream Bar or Cup Ice Cream, Salad (Onion/Lemon)	Pani Poori, Onions, Masala Tea, Coffee	Chapathi, onion uttappam, Dal chutney, chukka kura pappu, Dum aloo capsicum curry, Sambhar, Curd rice , White rice, Fruits (black grapes), Coffee Powder, Milk,lemon pickle, Salad (Carrot and Cucumber)
Monday 7,21	Uthappam, Shavige Bath, Dal Chutney, Bread + Butter + Jam, Tea, Coffee Powder, Milk, NV - Masala Omelette, Sprouts	Chapathi, Muddha Pappu, Avakaya (Mango Pickle), White Rice, Aloo Bhendi Masala, Pachi Pulusu, Podi, Ghee, Goru Chikkudukaya Poriyal, Salad (Carrot And Cucumber), Uppu Mirapakai, Curd, Dondakaya Chutney	Dry Maggi, Sauce, Hot Badam Milk	Chapathi, Paneer Bhurji/Mughalai Chicken, White Rice, Dal Tadka, Rasam, Curd, Fruits (Banana), Pickle, Milk, Coffee Powder, Onion Salad
Tuesday 8,22	Multigrain Dosa, Poha, Coconut Chutney, Sambar, Brown Bread + Butter + Jam, Tea, Coffee Powder, Milk, Sprouts	Chapathi, Bisibele Bath, Rajma Masala, Mix Veg Poriyal, White Rice, Lasooni Dal Tadka, Rasam, Tomato Chutney, Lemon Water, Curd Vada, Potato Chips, Salad (Carrot And Cucumber), Bandar/Motichoor Laddu	Masala Vada (2 or 3 Pcs), Tea, Coffee	Chapathi, White Rice, Mutter Paneer/Mushroom Curry, Rasam, Keerai Kootu, Raitha, Pickle, Coffee Powder, Milk, Fruit (Pineapple), NV-Chetnad Egg Masala Curry, Salad (Carrot And Cucumber), Curd
Wednesday 9,23	Idli (3 Medium Size), Veg Paratha, Sambar, Groundnut Chutney, Bread + Butter + Jam, Coffee Powder, Tea, Milk, NV - Masala Omelette, Sprouts	Chilli Paneer/Andhra Style Chicken Fry, Nizami Veg, Phulka, Bhagara Rice, Dosakaya Pappu, Rasam, White Rice, Vankaya (Brinjal) Chutney, Onion Salad, Buttermilk	Boiled Green Peas Masala (Dry), Tea, Coffee	Chapathi, White Rice, Sambar, Palakura Pappu (Dal), Aloo Mutter Khurma, Aloo Saag Poriyal (Spinach), Curd, Coffee Powder, Milk, Fruits (Papaya), Salad (Carrot And Cucumber)
Thursday 10,24	Masala Dosa, Rava Veg Kichadi, Dal Chutney, Bread + Butter + Jam, Tea, Coffee Powder, Milk, NV - Boiled Egg, Sprouts	Phulka, Bhindi Do Pyaza (Thick Gravy), Veg Pulao, White Rice, Sambar, Pickle, Bottle Gourd or Snake Gourd Kootu, Papad, Buttermilk, Salad (Carrot And Cucumber), Rava Kesari/Chakkara Pongal (Alternative Week)	Papdi Chat, Tea, Coffee	Tamarind Rice, Phulka, Amaranthus Dal, Black Chenna Masala, Sambar, Curd, Cabbage Poriyal, White Rice, Pickle, Milk, Coffee Powder, Fruit Custard, Salad (Carrot And Cucumber)
Friday 11,25	Mysore Bonda (3), Wheat Upma, Coconut Chutney, Bread + Butter + Jam, Tea, Coffee Powder, Milk, NV - Egg Podimas, Sprouts	Roti, Tomato Rice, Kadai Veg, Mango Dal, Rasam, White Rice, Sambar, Ghee + Podi, Beerakaya Chutney, Salad (Carrot And Cucumber), Avakaya Pickle, Lemon Water with Sabja seeds, Fryums	Sweet Corn Samosa (3 pcs), Tomato Sauce, Tea, Coffee	Phulka, White Rice, Butter Chicken/Panner Butter Masala (7 Pcs), Kaddu Dal, Rasam, Fruits (Mixed Fruit), Pickle, Coffee Powder And Milk, Curd, Onions
Saturday 12,26	Plain Dosa (3 Nos Thin), Pav Bhaji, Tomato Chutney, Sambar, Bread + Butter + Jam, Tea, Coffee Powder, Milk, NV - Masala Omelette, Sprouts	Phulka, Aloo Drumstick Curry, White Rice, Amaranthus Dal, Rasam, Dosakaya Chutney, Carrot & Beans Poriyal, Salad (Boiled Chana With Onion And Tomato), Buttermilk, Gulab Jamun (Sweet), Fryums	Onion Pakoda, Pudina Chutney, Tea, Coffee	Tomato Dal, Methi Roti, Veg Khofta, White Rice, Sambar, Pickle, Milk, Coffee Powder, Raitha, Fruits (Water Melon), Salad (Carrot And Cucumber), Curd
Sunday 13,27	Aloo/Gobi Paratha (2 Pcs Medium Size), Uggani, Mango Pickle, Curd, Chutney, Brown Bread, Butter, Jam, Tea, Coffee Powder, Milk, NV - Scrambled Egg, Sprouts	Chicken Dum Biryani (NV), Paneer/Mushroom-Green Peas-Vegetable Dum Biryani (Veg), Gravy (Chicken Gravy - NV / Mirchi Ka Salan - Veg), Phulka, White Rice, Dal Fry, Onion Raitha, Gongura Chutney, Nannari Sharabath, Ice Cream Bar or Cup Ice Cream, Onion Salad	Corn vada/Onion Rava Bonda (3 pcs), Red Chilli Garlic chutney, Masala Tea, Coffee	Phulka, Bhendi Do Piyaza Gravy, Sambhar, Idly, Peanut Chutney, Curd Rice, White Rice, Rasam, Fruits (Muskmelon), Coffee Powder, Milk, Pickle, Ghee, Podi, Salad (Carrot And Cucumber)

NOTE:*

* EVERYDAY DINNER TIME CURD/CURD RICE AND PICKLE ARE COMPULSORY

* EVERYDAY AFTERNOON AND NIGHT SALAD MUST BE THERE(CARROT AND CUCUMBER)

* EVERY DAY TOASTER SHOULD BE KEPT

* WEIGHING MECHINE SHOULD BE KEPT WHILE SERVING CHICKEN

* THE CHICKEN SHOULD WEIGHT 150 GRAMS(SUNDAY "180" GRAMS) AFTER COOKING BEFORE SERVING(without bowl weight and gravy)

* THE PANEER SHOULD WEIGHT 70 GRAMS AFTER COOKING BEFORE SERVING