GWYER HALL

The Mess Menu (December 2k17)

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Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	 Corn Flakes Toast 	 Gobhi Paratha Milk 	1. Pao bhaji or	1. Poha or	 Halwa chana Guava 	Idli sambhar or	 Poori sabzi Jalebi
	3. Omelet /Boiled Egg 4. Fruit	3. Papaya	Upma 2. Dalia 3. Banana	Macaroni 2. Milk 3. Dalia		Utpam	
Lunch	 Milk Mix Veg Arhar Dal Dahi Salad Rice Roti 	 Kadhi – pakoda Aloo brinjal Aloo Wadi Salad Roti 	 Aloo soyabean Chhachh Rajma/ Lobia Salad 	 Apple Navratna Urad Dal Matar Rice Pickel Salad 	 Gobhi Aloo/ Sarson Moong Dal Rice 	 Chokha Khichadhi Papadh Salad 	 Lemon Rice Dalma Dahi Ghiya chana
Dinner	 Shahi Paneer, or, Jheenga Daal Roti Pickel Coffee 	 Rice Mix Veg Arhar Dal Zeera Rice Kheer Salad Gajar fali 	 Kadhai Paneer, or, Fish Mix Dal Soup 	 Hari Sabzi Arhar Dal Kesar Milk 	 Biryani (Veg and Non-veg) Rajma / chhola Rasgulla 	 Aloo palak Arhar Dal Soup Salad 	 Shahi Paneer, or, Mutton Gulab Jamun Gajar