



GWYER HALL



The Mess Menu (December 2k17)

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1. Corn Flakes 2. Toast 3. Omelet, or, Boiled Egg 4. Fruit 5. Milk	1. Gobhi Paratha 2. Milk 3. Papaya	1. Pao bhaji, or, Upma 2. Dalia 3. Banana	1. Poha or Macaroni 2. Milk 3. Dalia 4. Apple	1. Halwa chana 2. Guava	1. Idli sambhar or Utpam	1. Poori sabzi (Bedmi Poori) 2. Jalebi
Lunch	1. Mix Veg 2. Arhar Dal 3. Dahi 4. Salad 5. Rice	1. Kadhi – pakoda 2. Aloo brinjal / Aloo Wadi 3. Salad 4. Rice	1. Aloo soyabean 2. Dahi 3. Rajma / Lobia 4. Salad	1. Navratna 2. Urad Dal 3. Matar Rice 4. Salad	1. Gobhi Aloo/ Sarson 2. Moong Dal 3. Rice	1. Chokha 2. Khichadhi 3. Papad 4. Dahi 5. Salad	1. Lemon Rice 2. Dalma 3. Ghiya chana
Dinner	1. Veg: Shahi Paneer / Soya Chap, Non-Veg: Jheenga / Egg Curry 2. Dal 3. Coffee	1. Mix Veg 2. Arhar Dal 3. Zeera Rice 4. Kheer 5. Salad	1. Veg: Kadhai Paneer, Non-Veg: Fish 2. Mix Dal 3. Soup	1. Hari Sabzi 2. Arhar Dal 3. Kesar Milk	1. Biryani (Veg and Non-veg) 2. Rajma / chhola 3. Rasgulla	1. Aloo palak , or, Manchurian Rice 2. Arhar Dal 3. Milk 4. Salad	1. Veg: Shahi Paneer, Non-Veg: Chicken 2. Gulab Jamun, or, Gajar Halwa