

CHENAB HOSTEL (BOYS) MENU

DAYS	BREAKFAST 8:00 to 9:30 AM	LUNCH 1:00 to 2:00 pm Friday: 1:30 to 2:30 Pm	EVENING TEA 5:00 to 6:00 pm	DINNER 8:30 to 9: 30 pm
MONDAY	NAMKEEN TEA ROTI Butter 10 GMS	RICE SABZI (POTATO+CAULIFLOWER)	LIPTON TEA ROTI	RICE PALAK PANEER / TOMATO PANEER SALAD
TUESDAY	NAMKEEN TEA ROTI Butter 10 GMS	RICE KABULI CHANNA DAHI	LIPTON TEA ROTI	RICE CHICKEN (70 TO 80 GMS) + ONION
WEDNESDAY	NAMKEEN TEA ROTI Butter 10 GMS	RICE MIXED VEG DAHI	LIPTON TEA ROTI	RICE MUTTON (70_80 GMS) + ONION
THURSDAY	NAMKEEN TEA ROTI Butter 10 GMS	RICE RAJMA DAL DAHI	LIPTON TEA ROTI	RICE EGG CURRY (YELLOW CHANNA +EGG) SALAD
FRIDAY	NAMKEEN TEA ROTI Butter 10 GMS	RICE CHICKEN (70 TO 80 GMS) + ONION	LIPTON TEA ROTI	RICE POTATO + BEANS DAHI
SATURDAY	NAMKEEN TEA ROTI Butter 10 GMS	RICE POTATO + ONION DAHI	LIPTON TEA ROTI	RICE MUTTON (70_80 GMS) + ONION
SUNDAY	NAMKEEN TEA ROTI Butter 10 GMS	RICE SAAG +POTATO SALAD	LIPTON TEA ROTI	RICE RAJMA DAL DAHI

FRAMED BY **MESS COMMITTEE.**