

Brahmaputra Hostel  
IIT Guwahati

**MESS MENU - BRAHMAPUTRA MESS w .e. f –21<sup>st</sup> -Oct-2017**

<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>	Upma (Coconut+Ground Nut) +Chutney+ Sambar or Veg roll +sauce or wheat bread+Jam+Butter	Masoor Dal, Kadhi pokoda, <b>Aloo Bengan sabji</b> , Rice, Roti, Salad, Pickle	Mix veg gravy, Masoor dal, Roti, Rice, Pickle, salad
<b>TUESDAY</b>	Puri sabji+ <b>kheer</b> or wheat bread+Jam+Butter+ <b>kheer</b>	Jhika Aloo posto, Rajma, <b>Roasted Papad/Papad fry</b> , Rice, Roti, pickle, Salad	Tomato rice, Rajasthani dal, Soyabeen Aloo(gravy)/ Soya manchuriyan, Roti, Salad, Pickle
<b>WEDNESDAY</b>	Uttapam+sambhar+chutney or Veg maggi + Sauce or wheat bread+Jam+Butter	Dal Makhani, Bean aloo dry, # <b>Matha / Veg raita / Boondi raita</b> , Rice, Roti, Pickle	Moong dal, Garlic Rice, Cabage green matar aloo sabji /Lauki kofta, Rice, Roti, Salad, Pickle, , <b>Besan Mirchi Chutney</b>
<b>THURSDAY</b>	Aloo Paratha/ Veg Stuff paratha+sauce/ Dalia + <b>Tomato Chutney/Green chutney</b> or wheat bread+Jam+Butter	Arhar dal tadka, Mix veg dry, Rice, Roti, Salad, Pickle	<b>Sewai Kheer</b> ,Chole bhatura/ <b>Halwa/Pineapple Sheera</b> , Butter roti+Chole, Moong gota dal, Rice, Pickle,
<b>FRIDAY</b>	Poha (Ground Nut+Onion) + <b>Sev/Ghoogni</b> or Bread Pakoda+ Sauce or wheat bread+Jam+Butter	Moong dal, Bhat karela-aloo sabji, khichdi plain, Rice, Roti, pickle, salad	<b>*Sweet (1pc)+Veg Biriyan</b> i, Chicken/ Paneer, <b>butter roti</b> , Aloo Jeera fry , Rice, Mix dal, Pickle
<b>SATURDAY</b>	<b>Masala dosa</b> sambhar+chutney or wheat bread+Jam+Butter	Mix Pulses sabji, Dal tadka, Veg Pulao,Rice, roti, Pickle, Salad, <b>Curd</b>	Brinjal Bharta, Masoor dal, Rice, Roti, pickle, salad
<b>SUNDAY</b>	<b>Masala onion dosa</b> , sambhar, ground nut chutney or <b>Bread- Bhaji</b> or Wheat bread+Jam+Butter	Lauki chana tomato sabji, Veg dal, Lemon Rice, Rice , Roti, pickle, French fry, <b>Green chutney</b>	Methi paratha, Yellow dal fry/Green Matar Dal, Dum aloo, jeera rice, Rice, Pickle, Salad

**Note: 1. Everyday there will be 1pc banana and every alternate day there will be sprouts in Breakfast.**

**Mess Convener**

**General Secretary**

**Mess Manager**

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2. Wheat Breads (10×10×1cm) are limited to 7pcs only.

3. Two types of rice will be provided (Boiled and Raw rice). Please co-operate if at the end one gets over, please opt for the other one.

**Note: To the boarders and contractors.**

1. Any sort of complaints/suggestions regarding quality/quantity need to be written in complaint book. Only written complaints will be taken into consideration.
2. Boarders are not allowed to take mess utensil outside dining premises. (Contractor also should ensure the mess utensil is not taken outside the dining premises).
3. In case of any medical emergency boarders are requested to inform contractor/ general secretary/ mess secretary with proper proof, for that they will be allowed to take food to their rooms after entering in the register kept in mess.
4. Potato cannot be used more than 30 % in any curry.
5. Idli will be replaced soon in menu. (Equipment procurement is under process)
6. Menu is subjected to availability of raw materials.
7. # Items will be served on alternate weeks.
8. Boarders are requested to take meals at prescribed time.

MESS Timings		
	Weekdays	Weekend/Holidays
Breakfast	7:15 to 9:45	7:30 to 10:15
Lunch	12:00 to 02:15	12:15 to 2:30
Dinner	20:00 to 22:15	20:00 to 22:15

Mess Convener

General Secretary

Mess Manager