

VIT UNIVERSITY BHOPAL HOSTEL FOOD MENU for September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
BREAD, BUTTER, JAM	BREAD, BUTTER, JAM	BREAD, BUTTER, JAM	BREAD, BUTTER, JAM	BREAD, BUTTER, JAM	BREAD, BUTTER, JAM	BREAD, BUTTER, JAM
MILK, TEA, COFFEE	MILK, TEA, COFFEE	MILK, TEA, COFFEE	MILK, TEA, COFFEE	MILK, TEA, COFFEE	MILK, TEA, COFFEE	MILK, TEA, COFFEE
BANANA / FRUIT SALAD	BANANA / FRUIT SALAD	BANANA / FRUIT SALAD	BANANA / FRUIT SALAD	BANANA / FRUIT SALAD	BANANA / FRUIT SALAD	BANANA / FRUIT SALAD
IDLY, VADA, SAMBAR	POHA	PAV/UPMA	PURI /BHATURE	PLAIN / CARROT / TOMATO UTHAPPAM	PLAIN / MASALA / ATTA PARATHA	MASALA DOSA
CHUTNEY	JALEBI	BHAIJ/COCONUT CHUTNEY	BHAIJ/CHOLE	COCONUT / ONION AND TOMATO CHUTNEY	BHAIJ/CURD/PICKLE	SAMBAR , CHUTNEY
BOILED EGG / SPROUTS	-	BOILED EGG / SPROUTS			BOILED EGG / SPROUTS	
LUNCH						
SALAD	BHOONDI RAITA	SALAD	TOMATO SOUP	PLAIN BRIYANI	BUTTER MILK	ONION SALAD
GREEN VEGETABLE	ALOO DUM	VEG KOFTA	ALOO GOBHI/ALOO MATTAR	VEG AVIYAL	SEV TOMATO	BRINGAL GRAVY
CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
PLAIN & JEERA RICE	PLAIN RICE	JEERA RICE	PLAIN RICE	PLAIN RICE	LEMON RICE/VEG PULAO	CHICKEN BIRYANI
KADI PAKODA	MASOOR DAL	DAL TADKA	DAL FRY	RAJMA MASALA	MONG DAL	VEG BIRYANI
ONION KARA KUZHAMBU	BOTTLE GOURD KUZHAMBU	VEGETABLE SAMBAR	LOUKI MORE	BRINJAL KUZHAMBU	MEAL MEKAR MASALA	PANNER BUTTER MASALA
JALJEERA	SUJI HALWA/SWEET BUNDI	RASAM	PICKLE	ONION RAITHA		BURHANI RAITA
FRYUMS	RASAM	FRYUMS	RASAM	FRYUMS	RASAM	
SNACKS						
DAHI VADA/ALOO VADA	SMALL POORI	SAMOSHA/KACHODI	SWEET CORN/BHEL	DHOKLA	NOODLES/BOILED CHANA	MIX PAKODE
	PANI / MASALA	SAUCE		SAUCE		CHUTNEY
TEA / COFFEE / MILK	TEA / COFFEE / MILK	TEA / COFFEE / MILK	TEA / COFFEE / MILK	TEA / COFFEE / MILK	TEA / COFFEE / MILK	TEA / COFFEE / MILK
DINNER						
CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI	CHAPATHI
JEERA RICE	RICE	RICE	JEERA RICE	RICE	FRIED RICE	RICE
PLAIN DAL	DAL TADKA	Plain Dal	DAL FRY	DAL TADKA	COWPEA MASALA	BHINDI BHAIJ
EGG CURRY	KALA CHANA MASALA	CHICKEN KADAI	GREEN VEGETABLE	CHICKEN CURRY	VEGMANCHURIAN	DAL-MAKHANI
MIX VEG	RASAM	KADAI PANEER	RASAM	PANNER DO PYAZA	VEG MONCHOW SOUP	
RASAM		HOT & SOUR SOUP	PAYASAM / KHEER/SEWAIYA			GULAB JAMUN
HIGHLIGHTS						
1. 120 ML. Milk, Coffee, Tea should be provided daily in the breakfast and snacks .			Do's and Don'ts			
2. Tea should be served ginger/cardamom on alternative days			1. Students are not permitted to carry a food to outside the mess without permission of hostel authorities			
3. Paneer of 50 GMS grams will be given			2. Students are not allowed to bring own crockeries			
4. ALL SNACKS 100 GMS PER HEAD			3. Students are requested to enter the mess with biometric authentication			
5. Doka three and pav two each			4. Students are requested to take your food on time as per mess timings			
6. Chicken 100 GMS will be given per head			5. Students are requested to approach the food committee, if any food related.			
7. N.B. Menu is subject to the availability of seasonable vegetables.			6. Any issues in service don't argue with mess peoples and report to hostel authorities			