

Yuktahar Kendra (Student Mess) Monsoon Menu

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAK FAST	ITEM 1	Idly	Veg. Upma	Poha	Raagi Idly	Dalia Upma	Vegetable Poha	Semiya Upma
	ITEM 2	Raagi	Rajgira	Masala Sprouts	Rajgira	Masala Sprout	Rajgira	Raagi
	Accompaniments	Sambar	Chutney	Raagi	Sambar	Raagi		
		Coconut Chutney						
		Ginger Chutney	Putana Powder		Karampodi	Ginger Chutney		Putana Powder
	Milk	Milk	Milk	Badam Milk	Milk	Milk	Milk	Badam Milk
	Fruit	Seasonal fruits would be served depending upon the availability						
	Curd	Butter Milk	Butter Milk	Butter Milk	Sweet Lassi	Butter Milk	Butter Milk	Sweet Lassi
	Mandatory	Badam, Sprouts	Badam, Sprouts	Sprouts	Badam, Sprouts	Badam, Sprouts	Badam, Sprouts	Sprouts
LUNCH	Flavored Rice	Brown Rice	Veg Pulav	Brown Rice	Brown Rice	Brown Rice	Curd Rice	Masala Rice
	ITEM 1	Dahi Kadi		Paneer Masala	Tomato Curry			
	Vegetable	Cabbage Foogath	Lauki Subzi	Aalo-Capsicum	Aalo-Cabbage/Aalo cauliflower	Beetroot Poriyal	Cabbage	Pumpkin
	Daal	Mah-Chana Dal	Chole Masala	Masoor Dal Tadka	Green Moongdal	Rajma	Chole Masala	Black Channa
	Sweet		Rawa Laddu			Daliya Sweet		Fruit Custard
	Roti	Missi-Roti	Roti	Roti	Missi Roti	Roti	Roti	Jawar / Bajra Roti
	Drinks	Lemon water	Butter Milk	Lassi	Butter milk	Butter Milk		
	Chutney	Vegetable Chutney	Coriander Chut.	Mint Chutney	Ground Chutney	Gongura Pickle	Kandi Pudi	Mint Chutney
SNACKS	ITEM(s)	Sabudhana Khichdi, Curd	Sweet/Masala Corn	Chilla + Chutney	Dalia Upma + Chutney	Sabudhana Khichdi + Curd	Fruit + Murmura	Poha + Chutney
	Drink		Badam Thandai		Lemon Water		Lemon Water	
DINNER	Flavored Rice	Coconut Rice	Brown Rice	Mint Rice	Pulihora	Brown Rice	Brown Rice	Masala Khichdi
	ITEM 1		Gatte ki Subji			Mix-Veg Gravy	Paneer Masala	
	Vegetable	Gajar-Matar	Karela Subzi	Lauki	Toorai Subzi	Bhindi		Gawar Phalli
	Daal	Sabut Moongdal	Mix Dal	Lobiya	Moong-Masri	Toor Dal	Moong Dal	Black Urad Dal
	Sweet	Sweet Pongal		Sooji Halwa				
	Roti	Roti	Missi-Roti	Roti	Roti	Roti	Roti	Roti
	Chutney	Curry leaf Chat.	Mint Chutney	Ground Nut Chutney	KaramPodi	Donda Chutney	Mint Chutney	Gun Powder

Mandatory Items in Lunch & Dinner: **Boiled Rice, Salad, Khichidi, Rasam**

Note: Evening Snacks and Night Milk is complementary for monthly registered Students | **Milk:** 9.15 pm - 10.00 pm