

Mess Menu (2019-20)

Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 6.45 am - 8.15 am on weekdays (Monday to Friday) 8:00 am - 9.15 am on Saturday, Sunday and Institute Holidays	02 numbers 200 gram each stuffed Paronthas* with 100 gram curd/17 gram Butter/ 20 gram Jam/ Boiled egg (01 no) OR 04 numbers of Bread Slices (sandwich bread cake size) with 17 gram Butter or 20 gram Jam or Boiled egg (01 no) or (8.5 gram Butter and 10 gram Jam). With 200 ml Boiled milk/Tea with sugar dissolved.	02 numbers Plain Paratha with Alu sabzi OR 04 numbers of Bread Slices (sandwich bread cake size) with 17 gram Butter or 20 gram Jam or Boiled egg (01 no) or (8.5 gram Butter and 10 gram Jam) With 200 ml Boiled milk/Tea with sugar dissolved.	02 numbers Purees with Alu with 100 gram curd, pickle/chutney. With 200 ml Boiled milk/Tea with sugar dissolved.	02 numbers 200 gram each stuffed Paronthas* with 100 gram curd/17 gram Butter/ 20 gram Jam/ Boiled egg (01 no) OR 04 numbers of Bread Slices (sandwich bread cake size) with 17 gram Butter or 20 gram Jam or Boiled egg (01 no) or (8.5 gram Butter and 10 gram Jam) With 200 ml Boiled milk /Tea with sugar dissolved.	02 numbers 200 gram each stuffed Paronthas* with 100 gram curd/17 gram Butter/ 20 gram Jam/ Boiled egg (01 no) OR 04 numbers of Bread Slices (sandwich bread cake size) with 17 gram Butter or 20 gram Jam or Boiled egg (01 no) or (8.5 gram Butter and 10 gram Jam) With 200 ml Boiled milk /Tea with sugar dissolved.	02 numbers Plain Paratha with Alu sabzi OR 04 numbers of Bread Slices (sandwich bread cake size) with 17 gram Butter or 20 gram Jam or Boiled egg (01 no) or (8.5 gram Butter and 10 gram Jam) OR Poha with Tomato Chutney /Idli Sambhar/Bada Sambhar /Dalia/ Sprouts With 200 ml Boiled milk/ Tea with sugar dissolved.	02 numbers 200 gram each stuffed Paronthas* with 100 gram curd/17 gram Butter/ 20 gram Jam/ Boiled egg (01 no) OR 04 numbers of Bread Slices (sandwich bread cake size) with 17 gram Butter or 20 gram Jam or Boiled egg (01 no) or (8.5 gram Butter and 10 gram Jam) With 200 ml Boiled milk /Tea with sugar dissolved.
Lunch 12.30 pm - 2.30 pm on weekdays (Monday to Friday) 1:00 PM to 2:30PM on Saturday, Sunday and Institute Holidays	Chapati, seasonable green vegetable and Rice Daal: Raajmah Curd 100 gram with chat masala	Chapati, seasonable green vegetable and Rice Soy nuggets/vegetable kofta Onion tomato Raita (with quantity of Curd 100 gram)+papad	Chapati, seasonable green vegetable and Rice Daal: Lobia/Raungi Boondi Raita (with quantity of Curd 100 gram)	Chapati, seasonable green mix vegetable and Rice Karhi pakora	Chapati, seasonable green vegetable and Fried Rice Daal: Chanaa Black Onion tomato Raita (with quantity of Curd 100 gram)+papad	Chapati, seasonable green vegetable and Rice Moong Sabut Curd 100 gram with chat masala	(Special Lunch) Puree/Bhature, Rice Pulao, White Channa, Boondi Raita/ Dry Masala Alu
Evening Tea (5.00 pm - 6.00 pm)	Evening Tea	Evening Tea	Evening Tea	Evening Tea	Evening Tea	Evening Tea	Evening Tea
Dinner 7.15 pm - 9.00 pm on all days	Chapati, Rice, Daal fried (Moong Sabut / Moong Dhuli), seasonable green vegetable	Chapati, Rice, Daalfried (Urad Sabut),seasonable green vegetable <i>Sweet Dish: Halwa</i>	(Special Dinner) Puree, White Chana, Shahi Paneer (Paneer 50gms./) Chilli Paneer (Paneer 50gms.) on alternate week, Fried Rice	Chapati, Rice, Daal fried (Masur Dhuli/ Masur Sabut) seasonable green vegetable <i>Sweet: Gulabjamun / rasogulla</i>	Chapati, Rice, Daal fried (Arhar), seasonable green vegetable	Chapati, Rice, Rajmah, seasonable green vegetable <i>Sweet Dish: Fruit Custard / Kheer</i>	Chapati, Rice, Daal fried (Moong Chilke wali), seasonable green vegetable

*Seasonable vegetable stuffing as per availability. Stuffing should vary on different days.

Note: 1. Daal, Sabji, Chapatti, Rice shall be served in unlimited amount. 2. Curd, Butter, Milk/Tea, Sweet Dish, Paneer, Egg items shall be served in limited amount. 3. Salaad (seasonal-03 different items including onion with ¼ lemon additional) and pickle, saunf shall be served every day with Lunch and Dinner both. 4. Mess menu may be modified in consultation with Hostel Mess Committee, Warden and Chief Warden of the concerned hostel.