

Week-1 Mess Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (7:30 AM- 9:15 AM)	Aloo pyaz paratha Ketchup, pickle Sprouts Bournvita Coffee Bread, Butter, Jam Milk(250 mL), Tea	Uttapam Sambar Coconut Chutney Bournvita, Coffee Cornflakes Bread, Butter, Jam Milk(250 mL), Tea	Methi puri Aloo-Gobhi Sweet Corn(1 serve) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Upma Bread-Pakoda(1Pc) Fruits/boiled-egg(2No's) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Poha Medu Wada(2Pc) Sprouts Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Pav Bhaji Sprouts Chopped Onion,Lemon Fruits/boiled-egg(2No's) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Besan Chilla Dalia(Sweet) Fruits/omelette(2No's) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea
LUNCH (12:30 PM – 2:15 PM)	Veg Biryani / Egg Biryani Dal tadka Mix-Raita Chapati Salad(onion, lemon)	Cabbage and Beans ki sabzi Dal makhani Curd(200gm) Rice, Chapati Salad(radish, lemon) Bhuni mirch	Rajma Chawal Curd(200gm) Rice, Chapati Salad(onion, lemon) Bhuni mirch	Kadi-Pakoda Alu methi Jeera rice Papad Chapati Salad(onion, lemon) Bhuni mirch	Palak Paneer/Egg curry Arhar Dal Curd(200gm) Rice, Chapati Salad(radish, lemon)	Vegetable Khichdi Alu-pyaz ka bharta Papad Curd(200gm) Chapati Salad(radish, lemon) Bhuni mirch	Masala-puri Chana masala Tomato rice Boondi-Raita Chapati Salad(radish, lemon) Bhuni mirch
DINNER (7:30 PM – 9:15 PM)	Clear soup Lauki chana ki sabzi Arhar Dal Rice,chapati Salad(radish lemon) Gulab Jamun	Ajwain Paratha Chole Palak arhar dal Rice Salad(radish, lemon) Sweet Boondi	Mix-Veg-Paneer Biryani / Chicken Biryani Dal tadka Mix-Raita Chapati Salad(onion lemon) Shahi tukda	Hot-n-Sour Soup Baingan bharta Masoor dal Rice, Chapati Salad(radish, lemon) Badam puri	Sev-Tamatar Matar Pulao Green Sabut Moong dal Rice, Chapati Salad(onion, lemon) Motichur laddu	Tomato Soup Gajar Matar Sabzi Moth dal Rice, Chapati Salad(radish, lemon) Rice kheer	Butter Chicken/ Paneer Butter Masala Arhar dal Rice, Chapati Tandoori Roti Salad(onion, lemon) Rasmalai

Note - Students will have to choose between veg and non veg dish in the mess menu

Week-2 Mess Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (7:30 AM- 9:15 AM)	Gobi paratha Ketchup, pickle Sprouts Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Dalia (Namkeen) Aloo Wada (2Pc) Sprouts Bournvita, Coffee Cornflakes Bread, Butter, Jam Milk(250 mL), Tea	Methi puri Jeera-aloo Sweet Corn(1 serve) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Upma Bread-Pakoda(1Pc) Fruits/boiled-egg(2No's) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Aloo pyaz paratha Dalia (Sweet) Ketchup, pickle Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Seviyan Upma Sprouts Fruits/boiled-egg(2No's) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea	Dosa Sambar Coconut Chutney Fruits/omelette(2No's) Bournvita, Coffee Bread, Butter, Jam Milk(250 mL), Tea
LUNCH (12:30 PM – 2:15 PM)	Veg-Biryani / Egg Biryani Dal tadka Mix-Raita Chapati Salad(onion, lemon)	Sarso ka saag Arhar Dal Curd(200gm) Rice, Chapati Salad(radish, lemon) Bhuni mirch	Kadi-Pakoda Alu methi Papad Rice, Chapati Salad(onion, lemon) Bhuni mirch	Mix Veg Pulao Aloo Gobi Sabzi Chana daal Mix-Raita Rice, Chapati Salad(Carrot, lemon) Bhuni mirch	Panner do pyaza / Egg curry Arhar Dal Curd(200gm) Rice, Chapati Salad(radish, lemon)	Dal Khichdi Alu-pyaz ka bharta Papad Curd(200gm) Chapati, Salad(radish, lemon) Bhuni mirch	Chole bhature Aloo Capsicum Jeera-rice Boondi-Raita Chapati Salad(radish, lemon) Bhuni mirch
DINNER (7:30 PM – 9:15 PM)	Veg Manchow Soup Gajar Matar Sabzi Dal makhani Rice, Chapati Salad(radish, lemon) Balushahi	Mix veg Chana Dal tadka Rice, Chapati Salad(radish, lemon) Fruit custard	Mix-Veg-Paneer Biryani / Chicken Biryani Dal tadka Mix-Raita Chapati Salad(onion,lemon) Jalebi	Veg-Soup Baingan bharta Chana Dal Rice, Chapati Salad(radish, lemon) Rabri	Aloo tamatar Sabzi Matar Pulao Moth Dal Rice, Chapati Salad(onion, lemon) Besan ke Ladoo	Veg Manchow Soup Corn palak Green Sabut Moong Dal Rice, Chapati Salad(radish, lemon) Seviyan kheer	Chicken Changezi/ Paneer Lababdar Palak Arhar Dal Rice, Chapati Tandoori Roti Salad(onion, lemon) Gajar Halwa

Note - Students will have to choose between veg and non veg dish in the mess menu