

## Yuktahaar Mess (Winter Menu)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 7:30 – 9:45 AM	Daliya, Ragi, Idly, Sambar, Papaya	Daliya, Rajgira, Upma, Mosambi	Daliya, Ragi, Poha, Pineapple	Daliya, Rajgira, Vegetable Idly, Samdar, Papaya	Daliya, Ragi, Semiya, Banana	Daliya, Rajgira, Vegetable Poha, Pineapple	Daliya, Ragi, Semiya (Lemon), Mosambi
<b>Lunch</b> 12:30 – 2:30 PM	Boiled & Brown Rice, Moong Dal, Kadi, Bhendi	Boiled & Brown Rice, Methi Roti, Tooar dal, Tomato Curry, Pudina Chutney	Veg Pulav, Choley, Arbi /Cabbage, Pudina Chutney	Boiled & Brown, Lauki halwa, Masoor dal, Cauliflower	Boiled & Brown Rice, Tooar dal, Palak Paneer	Jeera & Boiled Rice, Palak Tooar dal , Bhendi	Pudina & Brown Rice, Rajma, Soya chunks, Gajar Halwa
<b>Snacks</b> 5:00 – 6:00 PM	Boiled Peanuts,	Lobiya Boiled	Sweet corn, Herbal Mix	Murmura, Herbal Mix	Lemon/sweet Rice, Herbal Mix	Sabudana khichdi, Herbal Mix	Bhel Puri, Herbal Mix
<b>Dinner</b> 7:30 – 9:30 PM	Boiled & Brown Rice, Masoor Dal, Paneer Masala	Boiled & Brown Rice, Moong dal, Aloo Mutter, Halwa	Boiled & Brown Rice, Tooar dal, Palak	Tomato & Brown Rice, Chana dal, Bhendi	Boiled & Brown Rice, Moong dal, Aloo mutter carrot	Boiled & Brown Rice, Jawar Roti, Lobiya, Gongura chana dal	Boiled & Brown Rice, Bajara Roti, Baigan Bharta, Masoor dal

### NOTE:

### Mandatory Item:

Breakfast: Badam, Organic Sprouts, Milk, Lassi, Chutney

Lunch and Dinner: Roti (Except Tuesday lunch. and Saturday and Sunday dinner), Khichdi, Rasam, Buttermilk, Salad, Pickle

### For Monthly Registrants:

Snacks

Milk in night 9:15 -10:00 PM