

# Mess Menu 2010

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Poha, Boiled egg, tea, bournvita, B-B-J, banana	Sweet corn, Boiled Egg, B-B-J, Milk, Cornflakes, Banana	Onion uthappa, Coconut Chatni, omelette, tea, milk, B-B-J, cornflakes, banana	Idli, chutney, Omelette, tea, bournvita, B-B-J, banana	Alu Poha, Boiled egg, tea, bournvita, B-B-J, banana	Paneer Parantha (with dahi, sauce) tea, bournvita, B-B-J	Alu Paratha (with dahi, sauce) tea, bournvita, B-B-J
Lunch	Chhole Bhature, Plain rice, bundi raita, imli chutney, Rasna, Chop salad	Aloo shimla, rice, Plain Paratha, Dal, curd, Fruit	Aloo Gobi, Dal, papad, chapatti, rice, Sweet Lassi	Mutter Paneer, rice, chapati, mixed dal, Curd, Fruit	Bhindi do Pyaza, Dal makhani, chapatti, rice, Chhaas, Nimbu Pani	Rajma, Dal, methi puri, rice, veg raita, Chas, Pudina chutni	Aloo Bhaji (with gravy), puri, shrikhand, dal, rice, Fruit
Tiffin	Dahi Puri, B-B-J, tea, coffee	Masala Dosa Sambar, Chutney, B-B-J, tea, coffee.	Samosa, kachori, B-B-J, tea, coffee Bread Roll, B-B-J, tea, coffee, Juice	Pani Puri, B-B-J, tea, coffee, Juice	Paapdi Chaat, B-B-J, tea, coffee	Bread Roll, B-B-J, tea, coffee, Juice	Pav Bhaji, B-B-J, tea, coffee
Dinner	Veg Tawa Masala, Mutter Pulao, Raita, chapatti papad, rice, Burger	Gajar Mutter, toor dal, chapatti, rice, curd	Rajma, Veg Biryani, chapatti, veg raita, chicken	Beans aloo (dry), Plain paratha, dal, pulao, chapatti, bundi raita	Chinese Dinner (Veg Hakka noodles, Veg Fried rice, Veg Manchurian, Tomato Soup)	Palak Paneer, Daal fry, chapatti, rice, chicken	Lauki ke kofte, roti, rice, kali dal, egg curry, salad
Sweet	Rice Kheer	Malai Sandwich	Ras gulla	Kala Jamun	Milk Shake	Gulab Jamun	Besan laddu

# Mess Menu 2010

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Tomato Uthappa, Coconut Chutni , Omlete, B-B-J, tea, Bournivita, Banana	Poha, Boiled egg, tea, milk,cornflakes, B-B-J, banana	Sabudana Khichdi, Omelete, tea, bournvita, B-B-J,banana	Idli Chutney, tea, milk, B-B-J, Bournvita, banana, Boiled Egg	Puri Bhaji, Boiled Egg, tea, milk, B-B-J, cornflakes, banana	Paneer Parantha (with dahi, sauce) tea, bournvita, B-B-J	Alu Paratha(with dahi, sauce) tea, bournvita, B-B-J
Lunch	Chhole Bhature, Plain rice, imli chutney, Rasna	Bhendi Masala , Dal, chapatti, rice, curd, Fruit	Lauki Dal ki sabzi, chapati, rice, pudina chutney, sweet lassi	Aloo tundli ,rice, chapatti, Dal , Fruit	Rajma, Dal, methi puri, rice, veg raita, chas	Chana Masala , Dal makhani, chapatti,salad, curd rice, Nimbu Pani	Aloo jeera, puri, shrikhand, dal, rice, Fruit
Tiffin	Veg Pattice,B-B-J.tea,coffee	Masala Dosa, Sambar, Chatni, B-B-J, tea, coffee, Juice	Samosa, kachori B-B-J, tea, coffee	Hakka noodles, B-B-J, tea, coffee, Juice	Medu Vada, Sambhar, CHatni,, B-B-J, tea, coffee	Bread Masala Pakoda, Chatni B-B-J, tea, coffee, Juice	Pav Bhaji, B-B-J, tea, coffee
Dinner	Aloo pyaaz, Khichdi, papad chapatti, Kadi, burger	Gajar Mutter, rice, papad, chapatti, curd	Stuffed Aloo paratha, Mixed Bhaji, pulao, curd , Butter, chicken	Paneer Handi, rice, chapati, dal, salad	Aloo Mutter, Veg Biryani, chapatti, veg raita,chicken	Aloo bhindi, dal makhni, chapatti papad, rice	Alu beans, roti, dal, Salad, Rice, Egg curry.
Sweet	Rice Kheer	Malai Sandwich	Rasgulla	Sheera	Boondi Laddoo	Milk Shake	Gulab Jamun