

Got it. I'll convert the content into clean text form and map it to actual dates of January 2026, assuming the menu follows week order:

1st & 3rd week menu !' applied to Week 1 and Week 3

2nd & 4th week menu !' applied to Week 2 and Week 4

January 2026 starts on Thursday

Ø=Ü January 2026 – Calendar Mapping

Week 1: Thu 1 Jan – Sun 4 Jan

Week 2: Mon 5 Jan – Sun 11 Jan

Week 3: Mon 12 Jan – Sun 18 Jan

Week 4: Mon 19 Jan – Sun 25 Jan

Week 5 (partial): Mon 26 Jan – Sat 31 Jan !' follows 1st & 3rd week menu

Ø>VEG MESS MENU – JANUARY 2026

Ø=V Week 1 (1–4 Jan) & Week 3 (12–18 Jan) & Week 5 (26–31 Jan)

Menu Type: Veg Mess (1st & 3rd Week)

Ø>B Breakfast (7:45 AM – 10:00 AM)

Mon: Idli, Vada, Coconut Chutney, Sambhar

Tue: Paneer Paratha, Tomato–Coriander Chutney, Curd

Wed: Onion Uttapam, Sambhar, Peanut Chutney

Thu: Aloo Onion Paratha (2+1), Pudina Chutney, Curd

Fri: Poha, White Matar Curry, Onion & Tomato

Sat: Ragi Dosa, Peanut Chutney, Sambhar

Sun: Methi/Gobi Paratha, Curd, Green Chutney

Extras (Daily):

Bread (Brown + White), Butter, Jam

Tea / Milk / Coffee (+ Sugar)

Cereals: Chocos, Cornflakes, Muesli, Oats

Fruits: Banana / Sprouts

Ø<B<h<h (12:30 PM – 2:30 PM)

Vegetable gravies like Gatte ki Sabzi, Kadhi Pakoda, Aloo Chokha, Navratan Korma, Chole

Dal rotation: Arhar Dal, Dal Makhni, Chana Dal, Rajma, Gongura Dal

Rice: Steam Rice / Jeera Rice / Veg Pulao

Chapati / Bhature

Curd / Buttermilk / Raita

Salad + Fryums

Beverage: Lemonade / Rasna

& Snacks (5:00 PM – 6:00 PM)

Tea + Milk (Coffee / Bournvita optional)

Ø<B<h<h (8:00 PM – 10:00 PM)

Sabzi: Soya Chunks, Palak Paneer, Shahi Paneer, Mixed Veg

Special: Paneer Dum Biryani + Raita

Dal: Chana, Masoor, Moong, Arhar

Rice: Steam / Jeera / Peas Rice

Chapati

Sweet (rotation):

Gajar Halwa, Moong Dal Halwa, Gulab Jamun, Sewai, Balushahi, Kheer, Ice Cream

~~Ø<NON-VEG MESS MENU – JANUARY 2026~~

~~Ø=Week 1, 3 & 5~~

(Same breakfast & lunch base as Veg Mess)

~~Ø<Dinner Highlights~~

Egg Curry

Butter Chicken

Chicken Dum Biryani + Raita

Dal, Rice, Chapati, Salad, Fryums

Same sweet rotation as Veg

~~Ø=Week 2 (5–11 Jan) & Week 4 (19–25 Jan)~~

Menu Type: Veg / Non-Veg Mess (2nd & 4th Week)

~~Ø>Breakfast~~

Mon: Samosa/Kachori, Chole, Aloo Jhool

Tue: Cauliflower Paratha, Green Chutney, Curd

Wed: Suji Upma, Peanut Chutney

Thu: Poha, White Matar Curry

Fri: Masala Idli, Chutney

Sat: Paneer Paratha, Curd

Sun: Millet Dosa, Sambhar

~~Ø<Lunch~~

Sabzi rotation: Lauki Chana Dal, Palak Chole, Kathal, Kadhi, Chaulai Saag

Dal: Moong, Arhar, Chana, Masoor

Rice / Chapati / Bhature

Curd / Raita

Salad + Fryums

Dinner

Veg:

Soya Keema

Kadai Paneer

Paneer Dum Biryani

Rajma / Dal Makhni / Chana Masala

Non-Veg:

Egg Curry

Butter Chicken

Chicken Dum Biryani

Sweets:

Fruit Custard, Gulab Jamun, Jalebi, Kheer, Ice Cream