

### Yuktahar Kendra (Student Mess) Winter Menu

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAK FAST	ITEM 1	Idly	Veg. Upma	Poha	Raagi Idly	Dalia Upma	Vegetable Poha	Semiya Upma	
	ITEM 2	Raagi	Rajgira	Masala Sprouts	Rajgira	Masala Sprout	Rajgira	Raagi	
	Accompani ments	Sambar	Chutney	Raagi	Sambar	Raagi			
		Coconut Chutney							
		Ginger Chutney	Putana Powder		Karampodi	Ginger Chutney		Putana Powder	
	Milk	Milk	Milk	Badam Milk	Milk	Milk	Milk	Badam Milk	
	Fruit	Seasonal fruits would be served depending upon the availability							
	Curd	Butter Milk	Butter Milk	Butter Milk	Sweet Lassi	Butter Milk	Butter Milk	Sweet Lassi	
Mandatory	Badam, Sprouts	Badam, Sprouts	Sprouts	Badam, Sprouts	Badam, Sprouts	Badam, Sprouts	Sprouts		
LUNCH	Flavored Rice	Brown Rice	Veg Pulav	Brown Rice	Curd Rice	Brown Rice	Curd Rice	Masala Rice	
	ITEM 1	Dahi Kadi		Palak Paneer	Tomato Curry				
	Vegetable	Cabbage Foogath	Lauki Subzi	Aalo-Capsicum	Aalo-Methi	Beetroot Poriyal	Cabbage	Pumpkin	
	Daal	Mah-Chole	Chole Masala	Masoor Dal Tadka	Green Moongdal	Rajma	Chole Masala	Black Channa	
	Sweet		Rawa Laddu			Daliya Sweet		Fruit Custard	
	Roti	Palak-Roti	Roti	Roti	Methi Roti	Roti	Roti	Jawar / Bajra Roti	
	Chutney	Coriander Chut.	Tomato Chutney		Ground Chutney	Gongura Pickle	Kandi Pudi		
	Mandatory items	Khichdi, Rasam, Buttermilk	Khichdi, Rasam, Buttermilk	Khichdi, Rasam, Buttermilk	Khichdi, Rasam,	Khichdi, Rasam Buttermilk	Khichdi, Rasam,	Khichdi, Rasam, Buttermilk	
SNACKS	ITEM(s)	Sabudhan a Khichdi, Curd	Sweet/Masal a Corn	Chilla + Chutney/curd	Utthpam + Chutney	Sabudhan a Khichdi + Curd	Fruit + Murmura	Poha + Chutney	
	Drink		Badam Thandai				Lemon Water		
DINNER	Flavored Rice	Coconut Rice	Brown Rice	Mint Rice	Pulihora	Brown Rice	Brown Rice	Masala Khichdi	
	ITEM 1		Gatte ki Subji			Mix-Veg Gravy	Paneer Masala		
	Vegetable	Gajar-Matar	Karela Subzi	Lauki	Toorai Subzi	Bhindi	Kandagadda	Gawar Phalli	
	Daal	Sabut Moongdal	Mix Dal	Lobiya	Moong-Masri	Leafy Toor Dal	Moong Dal	Black Urad Dal	
	Sweet	Sweet Pongal		Sooji Halwa				Aata Halwa	
	Roti	Roti	Palak-Roti	Roti	Roti	Roti	Roti	Methi Roti	
	Chutney	Curry leaf Chat.				KaramPodi	Donda Chutney	KakarkayaPachadi	
Mandatory Items in Lunch & Dinner: Boiled Rice, Salad, Khichidi, Rasam/sambhar									
Note: Evening Snacks and Night Milk is complementary for monthly registered Students   Milk: 9.15 pm - 10.00 pm									

