



राष्ट्रीय प्रौद्योगिकी संस्थान श्रीनगर
NATIONAL INSTITUTE OF TECHNOLOGY, SRINAGAR
OFFICE OF THE CHAIRMAN STUDENTS MESS
हजरतबल, श्रीनगर, जम्मू-कश्मीर, 190006, भारत
Hazratbal, Srinagar Jammu and Kashmir, 190006, India
Mess Menu for Girls Mess w.e.f:05-06-2024

| Day | Breakfast | Lunch | Evening Tea | Dinner | |
|-----------|--|---|------------------------------|--|--|
| Monday | Tea + Namkeen Tea+ Paneer Paratha +Milk+ Butter +Pickle+ Boiled | Rice + Roti + Pumpkin (Banarasi Style) + Chola Dal + Curd | Tea + Sprouts chaat | Rice + Roti + Kadi-Pakoda + Arhar Dal | |
| Tuesday | Tea+ Namkeen Tea+ Banana (1) +Poha/Kashmiri Roti (2) | Rice + Roti+ Lehsuni Lauki + Rajma Dal+ Salad + Buttermilk | Tea+ Yippee | Rice+ Roti+ Zeera Aloo (very dry)+White Urad Dal | |
| Wednesday | Tea+ Namkeen Tea+ Pyaaz Paratha+ Milk +Pickle+ Butter+ Papaya | Rice + Roti + Rasam + Matar Mushroom + Salad + Curd | Tea+ Black Chana Chaat | Veg | Non veg |
| | | | | Rice + Roti + Methi Matar Malai + Masoor Dal + Kulfi | Chicken Biryani + Masoor Dal |
| Thursday | Tea+ Namkeen Tea+ Aloo Paratha + Butter + Pickle | Rice + Lemon Rice + Roti + Masoor Dal + Masala Baingan+ Salad + Buttermilk | Tea+ Yippee | Rice + Roti + Nutri + onion-tomato unground chutney (with green chilli) + Chola Dal | |
| Friday | Tea+ Namkeen Tea+ Bread +Butter+ Jam +Apple+ Milk | Rice + Masala Puri + Chana Masala (very very dry) + Matar Pulao + Arhar Dal + Raita (Andhra style) | ----- ---- | Veg | Non-veg |
| | | | | Rice + Roti + Beans Fry + Chana Dal + Aamras (Paper Boat) | Rice + Roti + Chicken (1) + Chana Dal |
| Saturday | Tea + Namkeen Tea+ Aloo Sandwich + Dhaniya Chutney + Ketchup | Rice+ Roti+ Stuffed Capsicum+ Moong Dal (green)+Salad+ Buttermilk | Tea + Samosa Chaat | Rice+ Roti+ Saag +Rajma+ Pumpkin (Banarasi Style) | |
| Sunday | Tea + Namkeen Tea + Milk + Pav (2) Bhaaji + Muskmelon | Rice+ Roti + Jeera aloo + Chana Dal + Salad + Buttermilk | Tea + Watermelon | Veg | Non-veg |
| | | | | Rice + Roti + Paneer Kofta + Moong Dal (yellow)+ Ice-cream (Strawberry) Any other flower | Rice + Roti + Fish Kebab (1pc) + Moong Dal |


 05/06/24
 Chairman student's Mess

NOTE:

- * Boiled eggs and fruits should be served to students as per registrations—boiled eggs to nonvegetarian students and fruits to vegetarian students only.
- * All dal should be split and Salt should be added in Roti.
- * Coriander leaves should be used for garnishing every dish.
- * Food (other than the packaged items, eggs, fruits, pav, omelet, etc.) is unlimited but should be taken serving wise i.e. 2nd serving should be taken after finishing 1st serving.
- * **Amul Curd** should be used as loose curd in Raita and any other gravy whereas needed.
- * Onion-tomato chutney should be unground. Onion should be used in maximum quantity and tomato (minimum quantity) should be used to balance the taste.

Butter: Amul (10g - Rs. 7) chiplet

Milk: Amul

Curd: Amul (100g) curd cup

Buttermilk: Amul Probiotic Buttermilk pouch (Rs. 10)

Cream: Amul

Kulfi: Amul khoa kulfi (60ml)

Ice-Cream: Amul (65 ml, Strawberry Flavour)

Tomato-Ketchup: Sachet (Re.1)

Jam: Sachet(Re.1)

Pickle(Mixed): Tops

Pav: Bun Pav

Tea: Adrak+ Elaichi +Sugar

Salad: Carrot + Cucumber + Onion + Lemon + Turnip + Beetroot

Poha: Curry leaves + Rai + Onion + Tomato + Green Chili (less) + Peanuts

Methi Matar Malai: Green peas + in salt-soaked green methi leaves + Amul cream

Bhaji: Tata Sampan pav bhaji masala + Potato + Tomato (more) + Peas + Carrot + Onion + Cauliflower + Capsicum + Beans+ Butter (for tadka)

Samosa chaat: Tamarind + Jaggery/Sugar chutney+ coriander chutney + loose curd

Sprouts chaat: Sprouts + Onion + Tomato + Black pepper powder + Black salt

Chana chaat: Boiled Black Chana + Onion + Tomato + Black pepper powder + Black salt

Pumpkin: Fenugreek seeds (methi dana) + fennel seeds + Green chili + Dried red chili (unground) + Sugar/Jaggery