

RECOMMENDED MESS MENU FOR THE MONTH OF FEBRUARY 2023, AMRUTHA MESS.							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Break fast	Idly + Vada+ White chutney	Poori + Aloo chenna Curry	Set dosa (white chutney + Ginger Chutney)	Pongal/Semya upma + chutney + sambar (on alternative weeks) / Poha + Kalachana curry	Mysore Bonda + White chutney	Masala Dosa + White Chutney	Aloo Paratha + Curd + Tomato chutney
	*Bread (4 slices), butter (20 g), jam (20 g)	*Bread (4 slices), butter (20 g), jam (20 g)	*Bread (4 slices), butter (20 g), jam (20 g)	*Bread (4 slices), butter (20 g), jam (20 g)	*Bread (4 slices), butter (20 g), jam (20 g)	*Bread (4 slices), butter (20 g), jam (20 g)	*Bread (4 slices), butter (20 g), jam (20 g)
	Sprouts (50 g), Tea, Coffee, Milk (200 ml)	Sprouts (50 g), Tea, Coffee, Milk (200 ml)	Sprouts (50 g), Tea, Coffee, Milk (200 ml)	Sprouts (50 g), Tea, Coffee, Milk (200 ml)	Sprouts (50 g), Tea, Coffee, Milk (200 ml)	Sprouts (50 g), Tea, Coffee, Milk (200 ml)	Sprouts (50 g), Tea, Coffee, Milk (200 ml)
Lunch	Rice+ Roti+ Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Dal + Rasam+ Curd (100 g)
	Aloo Fry (Dry), Jeera Pulav	Rajma (Wet)	Kadhi + Stuffed egg plant curry (wet)+ Jeera Rice + Raitha	Ladies finger fry(Dry)	Tomato Egg Curry (2 eggs)/ Egg Bhurji (on alternative weeks for non-vegetarians) +Kadai Paneer (vegetarians) + Jeera Rice + Raitha	Beetroot + chenna fry + Veg.Biryani	Bhendi do pyaza (Dry)+ Tamarind Rice/Lemon rice (on alternative weeks)
	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (carrot/cucumber) + Pickle, Salt, Sugar, Lemon slices
	Fryums or Papad	Fryums or Papad	Fryums or Papad	Fryums or Papad	Fryums or Papad	Fryums or Papad	Fryums or Papad
	Gulab Jamun	Kheer	Kala Jamun	Badusha	Jilebi	Double Ka Meetha	Laddu mix (loose)
Snacks	Cup Cake (1 no)/ Plane Cake (2 no)	Attukulu	Punugulu + chutney	Veg Puff + Sause	Samosa (1 no) + Mirchi/ Sause	Veg Noodles	Onion Pakoda
	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk
Dinner	Rice+ Roti+Dal + Rasam+ Curd (100 g)	Rice+ Roti+Dal + Rasam+ Curd (100 g)	Rice+ Roti+Dal + Rasam+ Curd (100 g)	Rice+ Roti+Dal + Rasam+ Curd (100 g)	Rice+ Roti+Dal + Rasam+ Curd (100 g)	Rice+ Roti+Dal + Rasam+ Curd (100 g)	Rice+ Roti+Dal + Rasam+ Curd (100 g)
	Cabbage dum fry	Chole curry+ Bagara Rice+ Raitha	Chicken Curry (for non-vegetarians), Matar Paneer (for vegetarians) + Veg. Biryani +Lemon & Onion slices	Aloo + Cauliflower + Capsicum	Brinjal + Green peans + Tomato curry	Aloo Matar + Veg. Biryani + Raitha	Chicken Curry (Or) Paneer Butter Masala + Veg. Pulav + Raitha + Lemon & Onion slices
	Banana (1 no big size/2 nos small size)	Papaya (slices)	Banana (1 no big size/ 2 nos small size), Ice Cream (2 Scoops)	Guava (2 big or 4 small slices)	Banana (1 no big size/ 2 nos small size), Ice Cream (2 Scoops)	Papaya (3 Slices)	Seasonal fruit (2 pieces)
	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices	Veg salad (Carrot/Cucumber) + Pickle, Salt, Sugar, Lemon slices

MESS SUPERVISOR

Dy.CHIEF WARDEN (GIRLS)
NITAP – HOSTELS

Sd/-
CHIEF WARDEN
NITAP – HOSTELS