

RECOMMENDED MESS MENU FOR THE MONTH OF FEBRUARY 2023, KAMADHENU 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 (on alternative weeks) /Poha +Kala Chana curry	Masala Dosa + White Chutney	Punugulu + White Chutney	Aloo Paratha + Curd + Pickle
	*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+ Plane Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Plane Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Plane Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Plane Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Plane Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Plane Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Plane Dal + Rasam+ Curd (100 g)
	Aloo Fry (Dry), Jeera Pulav	Cabbage Chenaga pappu/ Rajma curry (Wet)	Kadhi + Stuffed egg plant curry (wet)+ Jeera Rice + Raitha	Ladies finger fry(Dry)/Raw Banana fry (Dry) (on alternative weeks)	Tomato Egg Curry (2 eggs)/ Egg Bhurji (on alternative weeks for non-vegetarians) +Kadai Paneer (vegetarians) + Jeera Rice + Raitha	Beetroot fry + Kabul 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)	ATUKULU	Masala Chaat (with onion & coriander topping with lemon piece)	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+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)	Rice+ Roti+ Leaf Dal + Rasam+ Curd (100 g)
	Mix Veg Curry (wet) (Gobi+Carrot+ Capsicum+ Beans)	Chole curry+ Bagara Rice+ Raitha	Chicken Curry (for non-vegetarians), Matar Paneer (for vegetarians) + Veg. Biryani	Aloo+Gobi+Matar	Meal Maker (Soya) Curry(wet), Tomato Rice+ Raita	Aloo Matar + Veg. Biryani + Raitha	Chicken Curry (Or) Paneer Butter Masala + Veg. Pulav + Raitha
	Banana (1 no big size/2 nos small size)	Papaya (3 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 (BOYS)
NITAP – HOSTELS

SD/-
CHIEF WARDEN
NITAP – HOSTELS