

***Barak Mess Menu For August 2017***

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| Day | Breakfast (7:00-9:15 am) | Lunch (12:00-2:15pm) | Dinner (8:00-10:15 pm) |
| Monday | Aloo onion Paratha/upma, Sprouts ,Banana | Roti, Ghee Roti, Rice, Chana Amritsari ,  Tur Dal ,Veg Raita | Roti, Ghee Roti, Rice, Veg 65 , Dal Makhani , Custard |
| Tuesday | Masala Idly ,Wada , Banana | Ghee Roti, Roti, Rice , Imli Rice, Veg Tawa, Dal Maharani, Green Salad | Rice, Roti, Ghee Roti, Chole Pindi, Puri, Masoor Dal,  Masala Papad |
| Wednesday | Pav bhaji/chowmein , Sprouts, Banana | Ghee Roti, Roti, Rice, Soya Chilli, Mix Dal, Fruit Custard | Egg curry(2 eggs)/ Lauki Kofta + Jeera Rice, Chana Moong Dal , French Fries |
| Thursday | Aloo Sandwich / Poha , Banana | Ghee Roti, Roti, Rice, Baigan bharta ,Tur Dal, Boondi Raitha | Ghee Roti, Roti, Rice, Bhindi masala, Masoor Dal, Suji Halwa |
| Friday | Vada Pav / Uttapam , Sprouts , Banana | Ghee Roti, Roti, Rice, Kashmiri Dum Aloo, Triveni Dal, Chaach (Butter-milk) | Ghee Roti, Roti, Rice, Fried Rice, Veg Manchurian, Rajma, Chinese Salad |
| Saturday\* | Masala Dosa, Banana | Ghee Roti, Roti, Rice, Kadi Pakoda,  Long Beans, Veg Raita | Ghee Roti, Roti, Rice, Veg Tawa Kimchi , Triveni Dal, Sewaiyaan |
| Sunday\* | Mysore Masala Dosa, Banana, Sprouts | Ghee Roti, Roti, Rice, Veg Kofta, Chana Dal, French Fries | Ghee Roti, Roti ,Rice, Chicken / Paneer, Tur Dal, Tomato Rice, Sweet |

\*On holidays timing will be: Breakfast- 8:00 A.M-10:15 A.M, Lunch- 12:15 P.M-2:30PM Dinner- 8:00 P.M-10:30 P.M

\***1 banana( 2 if size is small)** will be given every day.

\*Paneer dish, Chicken dish and Sweet (on Sunday dinner) will usually be changed every week to have some variety, and dish on which more positive review will be observed, will be served more often.

\***Sambhar or Rasam will be there in lunch and dinner.**

# **Extra items and live Counter**

* During Breakfast

1. Extra items(mandatory)
2. Hot Milk- Rs. 13/- (200ml)
3. Bournvita/Horlicks(1 spoon) + hot milk(200ml)- Rs.16/-
4. Tea- Rs. 7/-
5. Boiled egg- Rs. 7 per egg

* During Lunch and Dinner

1. Extra items (as per availability)
2. Paneer masala- Rs. 30/-
3. Paneer bhurji- Rs. 20/-
4. Chicken curry- Rs. 30/-
5. Egg curry- Rs. 10/-
6. Sweet lassi- Rs. 20/-
7. Curd- Rs. 10/-
8. Gulaab jamun- Rs 10 per piece
9. Live counter
10. Veg fried rice- Rs. 7/-
11. Egg fried rice- Rs. 10 (1 egg), Rs. 20 (2 eggs)
12. Omelette – Rs 10 (one egg)
13. Egg bhurji- Rs 10 (one egg)

Note: **Live counter will take about a week to be functional.**