

Day	Breakfast (7.00 AM to 9:30 AM)	Lunch (12.00 PM to 2:15 PM)	Dinner (7.30 PM to 9:45 PM)
Monday	1. Poha + Sev + Chopped Onion + Tomato + Lemon 2. Aloo-Onion Paratha + Chutney + Sauce+ Curd 3. Guava	1. Soya matar masala 2. Bhindi fry 3. Arhar dal tadka and Sambhar 4. Lemon rice 5. Fried Papad 6. Garlic chutney 7. Baigan pakoda 8. Sweet lassi	1. Arbi masala 2. Rajma 3. Masoor dal and Sambhar 4. Jeera Rice 5. Fried Papad 6. Garlic chutney 7. Baigan pakoda 8. Tomato Soup 9. Rasgulla
Tuesday	1. Uttapam + Sambar + coconut chutney 2. Pasta + Ketchup 3. Banana	1. Lobia 2. Aloo Cabbage Matar 3. Masoor Dal fry and Sambhar 4. Jeera Rice 5. Fried Papad 6. Garlic chutney 7. Pumpkin Pakoda 8. Neembu Pani	1. Soyabean chilly 2. Aloo chokha 3. Mix Dal and Sambhar 4. Peas Pulao 5. Fried Papad 6. Tomato Chutney 7. Fryums 8. roohafza 9. Gulab Jamun
Wednesday	1. Puri + Aloo Matar Sabji 2. Veg chowmean +ketchup 3. Pear	1. Black Chana 2. Assamese Aloo Beans fry 3. Mix Daal and Sambhar 4. Tomato Rice 5. Fried Papad 6. Tomato chutney 7. Aloo chips 8. roohafza	1. Paneer butter masala/chicken butter masala 2. Chapati + Tandoori Naan 3. Moong daal and Sambhar 4. Veg Biryani and Raita 5. Roasted Papad 6. Garlic chutney 7. Fryums 8. Vegetable Soup 9. Ice cream
Thursday	1. Masala Dosa + coconut chutney + sambar 2. Pav Bhaji 3. Pineapple	1. Dum Aloo 2. Baingan Bharta 3. Moong Masoor Dal and Sambhar 4. Jeera Rice 5. Fried Papad 6. Imli chutney 7. Fryums 8. Sweet lassi	1. Chole 2. Parwal 3. Bhatura+chapati 4. Dal tadka and Sambhar 5. Lemon rice 6. Fried Papad 7. Garlic chutney 8. Aloo chips 9. Roohafza 10. Fruit custard
Friday	1. Maggi (Boiled + Fried) + Ketchup 2. Besan Chilla + Green Chutney 3. Banana	1. Veg Manchurian 2. Red Pumpkin Chana 3. Mix Daal and Sambhar 4. Tomato Rice 5. Fried Papad 6. Garlic Chutney 7. Baigan pakoda 8. Chaas	1. Veg kofta/ Egg curry 2. Mix veg 3. Dal fry and Sambhar 4. Jeera Rice 5. Fried Papad 6. Garlic chutney 7. French Fries 8. Jaljeera 9. Boondi (sweet)

Saturday	1. Idli (Boiled + Masala) + Coconut Chutney + Sambar 2. Pakode (Aloo + Bread) + Chutney 3. Pineapple	1. Rajma 2. Baigan Bharta 3. Daal Makhana and Sambhar 4. Lemon rice 5. Fried Papad 6. Imli chutney 7. Wada 8. Roohafza	1. Jhinga(sabzi) 2. Tawa veg 3. Urad Dal and Sambhar 4. Tomato Rice 5. Fried Papad 6. Garlic chutney 7. Banana Chips 8. Man chow Soup 9. Gulab Jamun
Sunday	1. Masala Dosa + Coconut Chutney + Sambar 2. Kachori + Ghughni + Ketchup 3. Pear	1. Chana Masala 2. Kadhi Pakoda 3. Masoor daal and Sambhar 4. Tomato Rice 5. Fried Papad 6. Garlic chutney 7. Baigan pakoda 8. Sweet lassi	1. Panner lababdar/chicken lababdaar 2. Lachcha Parantha + chapati 3. Mix Dal and Sambhar 4. Hyderabad Biryani + Raita 5. Fried Papad 6. Garlic chutney 7. Fryums 8. Khus Sharbat 9. Rasmalai

- Breakfast:** Milk (Bourn Vita/ Horlicks -1 tablespoon)/Tea/Coffee (200ml), Bread, Butter (20gm), Jam (22gm), Sprouts, Boiled Pulses and Corn will be served daily. A boarder can take any one of Paneer Bhurji (30 gm equivalent), Boiled Egg (1 piece), Omelet (1 equivalent) or Egg Bhurji (1 equivalent).
- Lunch/Dinner:** Chapati (with and without ghee) and Plain Rice will be served daily. Salad (Cucumber +Carrot+Tomato + Beetroot), Chili, Onion, Lemon, Pickle and Chutney (Garlic/Imli/Tomato) will be available daily.
- Curd (100ml) will be served daily in Lunch.** Quantity for Drinks in Lunch/ Dinner will be 200ml.
- In special dinner** (on Wednesday and Sunday)
Main Dish (pieces limited in quantity, **curry unlimited**):
 - Vegetarian:** Paneer curry [80 gm equivalent] /Dry Paneer dish [80 gm equivalent]/ Mushroom [120 gm] Non-spicy Jain Food or Boiled Food will be available in Lunch and Dinner on daily basis.
 - Non-Vegetarian:** Chicken/Fish curry [150 gm equivalent] / Dry Chicken/Fish dish [150 gm equivalent]
- Sambhar in Lunch and Rasam in Dinner will be served daily.
- Mouth freshener (Fennel Seeds and Sugar)** will be provided with every meal.
- Paper napkins** will be provided with Fryums and Pakodas.
- Curd to be always served with Parathas.**

Holiday Timings: Breakfast (8.00-10.15AM), Lunch (12.15-2.30PM), Dinner (8.00-10.15PM)

Regards,
Services Management Committee

Nayan Sharma
Mess Manager

Sarthak Gaur
Services Secretary

Shubhamdeep Lamba
General Secretary
