

Week	Structure	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST (7:30 A.M - 9:45 AM)	Main dish	Potato Poha/Banana Sheera	Thalipith	Kanchipuram Idli/Wada	Veg Upma	Tomato Onion Uttapam	Mix Veg Paratha	Puri bhaji
		Matki ussal	Curd/Schezwan Chutney	Sambar & Chutney	Chutney	Sambar Chutney	Curd/Schezwan Chutney	
	Egg/Omlette/bhurji	Egg Omlette	Egg Bhurji	Egg Omlette	Egg Omlette	Egg Bhurji	Egg Bhurji	Egg Bhurji
		Paneer Bhurji	Paneer Bhurji	Paneer Bhurji	Paneer Bhurji	Paneer bhurji	Paneer Bhurji	Paneer bhurji
	Cereals	Cornflakes/Bournvita/Cereals/Chocos/Muesli	Cornflakes/Bournvita/Cereals/Chocos/Muesli	Cornflakes/Bournvita/Cereals/Chocos/Muesli	Cornflakes/Bournvita/Cereals/Chocos/Muesli	Cornflakes/Bournvita/Cereals/Chocos/Muesli	Cornflakes/Bournvita/Cereals/Chocos/Muesli	Cornflakes/Bournvita/Cereals/Chocos/Muesli
	Sprouts	Peanuts	Sweet corn	Matki	Boiled Chana	Peanuts	Sprouted Moong	Matki
	Bread Butter Jam	Bread, Butter and Mix Jam	Bread, P. Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, P. Butter and Mix Jam	Bread, P. Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, P. Butter and Mix Jam
	Tea and Coffee	Tea and coffee	Tea and coffee	Tea and coffee	Tea and coffee	Tea and coffee	Tea and coffee	Tea and coffee
	Fruit/egg	Banana/ Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg	Banana / Boiled Egg
	Milk	Milk/ Juice	Milk/ Juice	Milk/ Fresh pineapple juice	Milk/ Juice	Milk/ Juice	Milk/ Fresh pineapple juice	Milk/ Juice
LUNCH (12:00 noon - 2:15 P.M)	Fry	Aloo Peanuts	Kadu Poisag	Aloo Jeera	Raw Banana Dry	Baiguni	Aloo Parwar	Tava veg
	Gravy	Pindi chole	Methi Paneer	Chole Bhature	Rajma Masala	Veg Kolhapuri	Kadi Pakoda	Chana masala
	Dal	Dal Fry	Dal Tadka	Toor dal	Dalma	Bengoli Veg Tardka	Dal Tadka	Dal Lasuni
	Rice	Veg Pulao	Jeera Rice	Onion Braun Rice	Jeera Rice	Dal Khichdi	Jeera rice	Green Peas Rice
	Plain rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice	Steam Rice
	Indian Bread	Roti (with and without butter)	paratha (with and without butter)		Puri	Roti (with and without butter)	Roti (with and without butter)	Roti (with and without butter)
	Pickle/Chutney	Mix Pickle	Mix Pickle/imali chatne	Mix Pickle/Thecha	Mix Pickle	Mix Pickle	Mix Pickle/Thecha	Mix Pickle
	Curd/Raita/Lassi/C haas/Drinks	Buttermilk	Lemon juice	Mango Lassi, Salty Lassi	Curd	Tang	Lemon Juice	Curd
	Papad	DiscoPapad	Roasted Papad	Fry Papad	Disco Papad	Banana Chips	Fryums	Rosted Papad
	Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Sprout salad
	Sambhar/Rasam	Rasam	Sambhar/boiled rice	sambar	Sambhar/boild rice	Rasam	Sambhar/boild rice	Rasam/boild rice
	Fruits	Egg Burji/Omlette	Egg Burji/Omlette	Egg Burji/Omlette	Egg Burji/Omlette	Egg Burji/Omlette	Egg Burji/Omlette	Egg Burji/Omlette
TIFFIN (4:30 P.M - 6:15 P.M)	Snacks	Moong Wada	Diet Chiwda	Maggie	Masala Idli	Pav Bhaji	Club Kachori Aloo Rassa	Schezwan Masala Dosa
	BBJ	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam	Bread, Butter and Mix Jam
	Tea and Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee/Water Melon Juice	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
DINNER (7:30 P.M - 9:45 P.M)	Dry Vegetable	Dudhi Chana	Alu Bhindi Dry	Gobi Achari	Soyabin Cilli	Suran Chatpata	Chhole Chatpata	Aloo Baingan
	Curry	Veg Malwani	Mix Pulses	Methi Malai Matar	Veg Jalfrizi	Dam Aloo	Stuffed Shimla	Paneer Masala
	Special Rice	Jeera Rice	Tomato Rice	Tava Rice	Masala bhat	Veg Tikka Biryani, Raita	Tadka Rice	Egg Malvani
	Dal	Dal Tadka	Dal Palak	Kokam Dal	Dal Panchavati	Dal kolapuri	Toor Dal	Dal makhni
	Salad	Salad	Green Salad	Salad	Plain Rice	Salad	Green Salad	Salad
	Roti (with and without Ghee)	Roti (with and without Ghee)	Roti (with and without Ghee)	Roti(with and without Ghee)	Roti (with and without Ghee)	Roti (with and without Ghee)	Roti(with and without Ghee)	Paratha (with or without ghee)
	Pickle	Mix Pickle	Mix Pickle	Mix Pickle	Mix Pickle	Mix Pickle	Mix Pickle	Mix Pickle
	Plain rice	Plain Rice	Steam Rice	Steamed Rice	Steam Rice	Plain Rice	Plain Rice	Plain Rice/Jeera Rice
	Rasam/Sambhar	Sambar	Rasam	Rasam	Rasam		Sambar	Sambar
	Soups		Tomato soup				Mango Shake	Manchow Soup
	Sweet Dish / Desserts	Fruit Custard	Suji Besan Halwa	Dry Fruit Boondi	Sewai Kheer	Ice Cream	Kala Jamun	Rasgulla
	Extras	Egg Burji/Omlette	Egg Burji/Omlette	Chickan Vindalu	Egg Burji/Omlette	Chicken Dum Biryani	Egg Burji/Omlette	Mango

Note: All extras will cost Rs. 55 /- (UPI / Paytm) (Boiled and Jain Dal)

Without the permission of Hostel 18 Council, caterer cannot change any item in the menu. Contact your G.Sec / Ward Nom. if you find something changed