**MESS MENU**

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| DAYS | 7:30-9:00(8:00-10:00 sat & sun) | 12:45-2:15 | 7:30-9:15 |
| M0N | Bread,Butter/Jam, Omlet/Banana(2) Tea  OR, (Alternate)  Uttapam(Upma) with Sambher and coconut chutney, Tea  Tea, Snack (evening) | Rice, Roti, Salad, Chana-Dal, malai-kofta, Curd | Rice, Roti, Salad, Rajmah, Aloo-cabbage, sweet (boondi) |
| TUE | Poha (fried aloo+ beans + carrot+ plain badam) , Aloo Tikka, mutter chole, imleykapani, onion cut, kali namak, Tea  Tea, Snack (evening) | Rice,kadhi,roti,salad  Chane Dal kiSabji(Dry) | Rice, Roti, Salad,  Moong-Dal, sambher,  Aloo-cauliflower bhujia(Finger-Cutting & fried) |
| WED | Idli-vadaSambher, Chutnny, Tea  Tea, Biscuit (evening) | Rice, Roti, Salad, curd  Chana Dal mix veg (aloo 25%) | Rice, Roti, Salad Masoor-Dal, Paneer/Egg-Curry, Sweet(veg) |
| THR | Bread Pakora(3 pieces),Tea  Tea, Snack (evening) | Rice, Roti, Salad, Rajmah, Aloo-bhujiya, Rayta | Puri, Kheer (sewai), Veg Fried Rice,pickles,  Aloomatar tomato kisabji,chana-Dal |
| FRI | SattukalittyKachori, AluchanaSabji, Chutni(dhaniya, tomato, muli), Tea  Tea, Biscuit (evening) | Rice, Roti, Salad,  Masoor-Dal/sambher, Aloo-Gobhi-matar-tomato(Aloo 30%) | Jeera Rice, Roti, Salad,Paneer Do pyaza/Chicken,Arhar-Dal, Onion, sweet(veg) |
| SAT | Pyaazkaparantha , Dhaniya Chutney, Tomato Sauce, Chilli Sauce, Tea  Tea, Snack (evening) | Fried Rice, Naan, Salad,  Dal makhani,Mix-Veg | Fried-Rice, Roti,  Salad Arhar-Dal,  Baingan-Aloo/baingankabharta Dry |
| SUN | Dosa-Masala, SambharChatni, Tea  Tea, Snack (evening) | Rice, Roti, Salad, Matar-Paneer, mix-dal | Stuffed Parantha, curd, Sause, Rice, Dal, soyabeen-potato |

SALAD MUSTCONTAIN\_\_LEMON, CHILLY, ONIAN, CUCUMBER, CARROT(SEASONALLY PROVIDED)

Lunch time of sat &sun\_1:00pm to 2:15pm