

SSMS MESS MENU FROM 01/10/2023 TO 15/10/2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------|------------------|--------------------------|--------------------|-----------------------|------------------|-------------------|
| 1-Oct-23 | 2-Oct-23 | 3-Oct-23 | 4-Oct-23 | 5-Oct-23 | 6-Oct-23 | 7-Oct-23 |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| CHOICE OF EGG | CHOICE OF EGG | NO EGG | CHOICE OF EGG | CHOICE OF EGG | CHOICE OF EGG | CHOICE OF EGG |
| CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES |
| BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM |
| MASALA DOSA | POHA | ALOO PARATHA | IDLI / SAUTEE IDLI | MUTTER | ALOO BHAJI | SEVIYAA UPMA |
| SAMBHAR | SEV | CURD | SAMBHAR | KULCHA | BEDMI PURI | ***** |
| COCONUT CHUTNEY | CUT ONION LEMON | PICKLE | COCONUT CHUTNEY | CUT ONION LEMON | CUT ONION LEMON | ADRAK CHUTNEY |
| PINEAPPLE | APPLE | BANANA | WATERMELON | PAPAYA | WATERMELON | APPLE |
| TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk |
| | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| LUNCH | LUNCH | MONTHLY GRUB | LUNCH | LUNCH | LUNCH | LUNCH |
| ONION SALAD | GREEN SALAD | GREEN SALAD | ONION SALAD | FRYMS | PAPDI CHAAT | GREEN CHUTNEY |
| MUTTER PANEER | SOYA HANDI | SAHI PANEER | PANEER DO PIYAZA | KADHI PAKODA | MIX VEG DRY | MIX BHAJIA |
| CHICKEN CURRY (HOME STYLE) | RAJMA MASALA | ***** | ***** | MADRASI ALOO | PALAK CORN | KALA CHANA MASALA |
| ***** | RED MASOOR DAL | DAL MAKHANI | DAL MAHARANI | CURD RICE | DAL TADKA | CURD /BUTTER |
| NAAN / CHAPATI | CHAPATI | NAAN / CHAPATI | CHAPATI | CHAPATI | CHAPATI | MIX VEG PARATHA |
| BIRYANI RICE | PLAIN RICE | VEG BIRYANI | VEG PULAO | PLAIN RICE | PLAIN RICE | PLAIN RICE |
| BOONDI RAITA | SAMBAR | MIX VEG RAITA | PINEAPPLE RAITA | SAMBAR | SAMBAR | SAMBAR |
| SHIKANJI | SWEET LASSI | MOHAN THAL | ROOH AFZA | COOKIES & CREAM I/C | MASALA CHAAS | ORANGE SHERBET |
| | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| BHEL POORI | GREEN SALAD | VEG PASTA IN WHITE SAUCE | CORN SALAD | CUT ONION + LEMON | ONION SALAD | GREEN SALAD |
| VEG MAKHANI | BHINDI MASALA | ALOO MUTTER RASSA | VEG 65 | KHATTA MEETHA PUMPKIN | PANEER TIKKA M/S | LOBIYA MASALA |
| DAL LASUNI | ARHAR DAL TADKA | DAL TADKA | BUTTER DAL TADKA | CHOLEY MASALA | DAL MAHARANI | DAL LAHSUNI |
| CHAPATI | CHAPATI | CHAPATI | CHAPATI | PURI | CHAPATI | CHAPATI |
| PLAIN RICE | PLAIN RICE | JEERA RICE | PLAIN RICE | JEERA RICE | PULAO RICE | PLAIN RICE |
| RASAM | RASAM | RASAM | RASAM | MIX VEG RAITA | BURANI RAITA | RASAM |
| | SEVIYAN KHEER | | COLD CHOCOMILK | | | RAJASHTANI PETHA |

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|-------------------|----------------|----------------|--------------------|------------------------------------|-------------------|
| 8-Oct-23 | 9-Oct-23 | 10-Oct-23 | 11-Oct-23 | 12-Oct-23 | 13-Oct-23 | 14-Oct-23 | 15-Oct-23 |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| CHOICE OF EGG | CHOICE OF EGG | NO EGG | CHOICE OF EGG | CHOICE OF EGG | CHOICE OF EGG | CHOICE OF EGG | CHOICE OF EGG |
| CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES | CORNFLAKES |
| BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM | BREAD +JAM |
| BREAD PAKORA | POHA | MASALA SANDWICH | MUTTER | BREAD ROLL | IDLI / SAUTEE IDLI | SUJI UPMA | MASALA DOSA |
| GREEN CHUTNEY | SEV | TOMATO KETCHUP | KULCHA | KETCHUP | SAMBHAR | ADRAK CHUTNEY | SAMBHAR |
| SWEET DALIYA | CUT ONION LEMON | SWEET DALIYA | ONIONLEMON | SWEET DALIYA | COCONUT CHUTNE | ***** | Coconut chutny |
| PINEAPPLE | WATERMELON | BANANA | PAPAYA | PINEAPPLE | APPLE | PAPAYA | BANANA |
| TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE | TEA+ COFFEE |
| Milk | Milk | Milk | Milk | Milk | Milk | Milk | Milk |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| ONION SALAD | GREEN SALAD | MACRONI SALAD | ONION SALAD | ROASTED PAPAD | BHEL POORI | GREEN CHUTNEY | ONION SALAD |
| PANEER LAHORI | TINDA MASALA | SOYA HANDI | PANEER HANDI | PAKODA KADHI | ALOO PALAK | MIX BHAJIYA | PANEER KORMA |
| BUTTER CHICKEN | RAJMA MASALA | VEG KORMA | ***** | JEERA ALOO | VEG KADHAI | KALA CHANNA MASALA | Chicken Homestyle |
| ***** | DAL PALAK | RED MASOOR DAL | DAL MAKHANI | MIX VEG KHICHI | DAL TADKA | CURD /BUTTER | ***** |
| NAAN / CHAPATI | CHAPATI | CHAPATI | CHAPATI | CHAPATI | CHAPATI | ALOO PARATHA | NAAN / CHAPATI |
| BIRYANI RICE | PLAIN RICE | PLAIN RICE | PULAO RICE | PLAIN RICE | PLAIN RICE | PLAIN RICE | BIRYANI RICE |
| BOONDI RAITA | SAMBAR | SAMBAR | CUCUMBER RAITA | SAMBAR | SAMBAR | SAMBAR | ONION MINT RAITA |
| CHOCOCHIP I/C | SWEET LASSI | SHIKANJI | ROSELEMONADE | CHOCOLATE I/C | MANGO LASSI | MINT COOLER | SHIKANJI |
| | | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| DINNER | DINNER | DINNER | DINNER | DINNER | MID SEM GRUB | DINNER | DINNER |
| GREEN SALAD | LESUN CHUTNEY, DAL, BATTI , CHURMA , ALOO RASSA | LEMON + ONION | LOO CHANA CHAA | LEMON + LEMON | HARA BHARA KEBAB | MIX SALAD | GREEN SALAD |
| DAHI WALI BHINDI | | JEERA ALOO | VEG KOLHAPURI | BHAJI | SOYA CHAAP | ALOO CAPSICUM | BHINDI MASALA |
| MIX DAL | | CHOLE MASALA | DAL PALAK | DAL TADKA | ***** | DAL MAKHANI | DAL PANCHRATAN |
| CHAPATI | | BHATURE/ CHAPATI | CHAPATI | PAV/ CHAPATI | BUTTER TADKA DAL | EGG FRIED RICE / VEG FRIED RICE | CHAPATI |
| PLAIN RICE | MIRCHI KE TAPORREY | JEERA RICE | PLAIN RICE | PLAIN RICE | KASHMIRI PULAOU | CHAPATI | PLAIN RICE |
| RASAM | CHAPATI | RASAM | RASAM | RASAM | CHAPATI | RASAM | RASAM |
| | PLAIN RICE | BUTTER SCOTCH I/C | GULAB JAMUN | | MOONG DAL HALWA | THANDAI | |