

Mess Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Toasted Brown & White bread, Butter, Tea, Coffee and Milk, Health Drink & beans/cornflakes/Oats, Sugar						
	Boiled Egg/Chana, Banana	Omelette/ Boiled Peanuts	Boiled Egg/Chana, Banana	Omelette/ Boiled Peanuts	Boiled Egg/Chana	Omelette/ Boiled Peanuts	Boiled Egg/Chana, Banana
	Mango/Orange Jam	Strawberry Jam	Mix Fruit Jam	Mango/Orange Jam	Mix Fruit Jam	Strawberry	Mix Fruit Jam
	W1: Idly W2: Palak Paratha W3: Veg Idly W4: Onion Paratha	W1: Khichdi (Wheat) W2: Semiyaupma W3: Khichdi (Rava) W4: Upma	Poori Aloo Masala	W1&3: Onion Uthappam W2&4: Pongal & Wada (3 nos) W1&3: Coconut Chutney	W1: Mixed Veg Paratha W2: Panner Paratha W3: Aloomethi Paratha W4: Gobi Paratha	Chhola-bhatura	W1: Millet Dosa W2&4: Masala Dosa W3: Rava Dosa All weeks: Groundnut Chutney, Sambar
	W1&3: Coconut Chutney, Sambar W2&4: Mint Chutney, Pickle and Curd	All weeks: Groundnut Chutney, Sambar		All weeks: Tomato with Mirchi Chutney Sambar	All weeks: Mint Chutney Pickle and Curd		
LUNCH	Roti(w&w/o ghee), Rice, Curd, Sugar, Salad (Cucumber, Onion, Lemon, Carrot/Beetroot, Green Chilli), Pickle, Fryums/Papads.					& Pedina/Methi Chapathi	Salad Raita, Roti (w &w/o ghee), Papad
	Mango Pickle	Lemon Pickle	Mix pickle	Ginger pickle	Amla Pickle	Mango Pickle	Mix Pickle
	Dry : Potato Brinjal Fry Curry: Tomato Drumstick	Dry : Cabbage with Peas Fry Curry: Mixed Veg Curry	Dry : Aloo Deep Fry Curry: Mutter Masala	Dry : Bhendi Fry Curry: Aloo Palak	Dry : Betroot Poriyal Curry: Guttivankaya (Stuffed Brinjal Curry)	Dry : Bittergourd Fry Masala Curry: Veg Jaipuri	Chicken / Panneer Briyani
	Tomato Rasam	Pepper Rasam	Jeera Rasam	Tomato Rasam	Pepper Rasam	Jeera Rasam	Dry:Mixed Vegetable
	Mixed Veg Sambhar	Palak Dal	Mixed Veg Sambhar	Dal Makhani	Spinach Dal	Mixed Veg Sambhar	-
	Jal Jeera	Lemon Juice	Jal Jeera	Lemon Juice	Jal Jeera	Lemon Juice	Jal Jeera
SNACKS	Tea, Coffee, Milk						
	Big Samosa (1no)	Sandwich(3Nos)	Onion Pakoda (2Nos)	Veg Puffs (1no)	W1&3:Sundal W2&4:Mirchi Bajji	Onion Kachori	Bhel with Mint Chutney
Dinner	Roti (w&w/o ghee), Rice, Curd, Salad (Cucumber, Onion, Lemon, Carrot/Beetroot, Green Chilli), Pickle, Fryums/Papads, Rasam						
	Dosa W1&3: Coconut chutney W2&4: Groundnut chutney	Dry: Mix Veg Curry: Mealmaker Masala	Dry: Gobi65 Curry: Egg/Paneer	Dry: Carrot Poriyal Curry: Patodi Masala	Dry: Brinjal & Capsicum Fry Curry: Egg/Mealmaker Thick Curry	W1&3: Manchurian W2&4: Mix vegetables in hot garlic/soy sauce	Dry: Bhendi Fry Curry: Veg Korma
	Jeera Rasam						
	Mixed Veg Sambhar	Palak Dal	Mixed Veg Sambhar	Spinach Dal	Mixed veg sambhar	Dal Makhani	Palak Dal
	-	Sweet: Carrot Halwa (*Mawa)	Fruit: Papaya/Pineapple (8 pieces)	Sweet: Shahi Tukda	Fruit: Guava/Apple(1 whole Piece)	Fruit: Banana/Grapes/Orange	Sweet: Rasmalai
	Lemon Rice (W1&W3), Pullihora(W2&W4)	Plain Rice	Veg pulao	Plain Rice	Tomato Rice	Veg Fried Rice	Jeera Rice