

South Mess Spring Menu w.e.f 01.01.2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carb 1	Upma	Poori/Kachori	Sewai Upma	Pongal	Dalia	Uggani	Poha
	Carb 2	Pesarattu	Bread- Butter- Jam	Idly	Wada	Uttapam	Ravva Bonda	Dosa (Karam/Corn/Paneer)
	Accompaniments	Sambar, Chutney, Allam Chutney	Aloo Sabji/ Chole	Sambar, Chutney	Sambar, Chutney	Sambar, Chutney	Sambar, Chutney, Allam Chutney	Sambar, Chutney
	Mandatory Item	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
	Protein	Sattu Drink	Streamed Moong Sprouts Salad	Steamed Chana Sprouts Salad	Sattu Drink	Steamed Moong Sprouts Salad	Steamed Peanut Salad	Sattu Drink
	Fruit	Watermelon	Banana	Muskmelon	Pineapple	Papaya	Banana	Muskmelon
	Drink	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk
Lunch	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Pulihora		Veg Biryani	Bisi bele Bath, Boondhi			Paneer Biryani
	Carb 3	Roti	Roti	Roti	Palak Roti	Roti	Roti	Roti
	Protein 1/Dal	Dosakaya Pappu	Thotakura Pappu	Tuver Dal	Mix Dal	Masoor Dal	Muddha Pappu	Palakura Pappu
	Protein 2				Soyaseeds			
	Veg1	Tomato Drumstick Curry	Meal Maker	Potato Curry		Chana Brinjal	Kofta Curry	Aloo Matar Curry, Raita
	Veg2	Pappu Charu	Rasam	Raita	Creamy Tomato Soup	Sambar	Pacchi Pulusu	Sambar, French Fries
	Accompaniants	Chutney/ Pachhadi, Curd, Peanut Salad (Boiled), Paapad	Chutney/ Pachhadi, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Onion Salad, Banana Chips	Chutney/ Pachhadi, Curd, Salad, Paapad	Chutney/ Pachhadi, Curd, Salad, Fryums	Mango Pickle, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Onion Salad, Challa Mirchi
Snacks	Dessert	Mix seed laddu / Coconut Laddu / Flax seed Laddu				Semiya Payasam		Fruit Custard
	Item	Mirchi Bajji	Samosa	Gunta Ponganalu	Onion Pakodi	Aloo Bonda	Steam Dosa	Masala Wada
Dinner	Drink	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk
	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Chapathi	Roti	Dosa	Lacha Paratha	Roti	Poori	Roti
	Protein 1/Dal	Tuver Dal	Moong Dal	Masoor Dal		Green Moong Dal	Mix Dal	
	Protein 2	Kadai Paneer		Groundnut Chutney	Matar Paneer		Aloo Sabji/Chole	Rajma
	Veg1		Beerakaya Tomato Curry	Aloo Kurma	Dondakaya Curry/Beetroot	Carrot Green Peas Fry		Gobi/Veg Manchuria
	Veg2	Pepper Rasam	Sambar	Sambar	Tomato Rasam	Aloo 65	Ginger Rasam	Pappu Charu
	Accompaniants	Karam Chitla Podi, Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad, Daddojanam
Dinner	Dessert			Spl. Sweet				Basen Chikki/ Bread Halwa