

Kadamba Mess Spring Menu w.e.f 01.01.2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carb 1	Wada	Paratha	Kanchipuram Idly	Veg Utappam	Dosa (Masala/corn)/Pesarattu	Aloo / Paneer Paratha	Idly
	Carb 2	Toasted Bread	Bread	Bread	Bread	Bread	Bread	Bread
	Non-veg	Omelette	Boiled Egg	-	Omelette	-	Boiled Egg	-
	Accompaniments	Butter, Jam, Sambar, Chutney	Butter, Jam, Chutney	Butter, Jam, Sambar, Chutney	Sambar,Chutney	Sambar,chutney	Butter, Jam, Chutney	Pickle,Chutney
	Mandatory Item	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
	Protein 1	Steamed moong sprouts Salad	Sattu Drink	Steamed Chana sprouts Salad	Sattu Drink	Steamed moong sprouts Salad	Steamed Peanut Salad	Sattu Drink
	Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	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	
	Carb 2	Veg Pulao				Bagara Rice	Bisi belle Bhat	
	Carb 3	Phulka	Methi Roti / Chapati		Phulka	Phulka	Palak Phulka	
	Protein 1/Dal							
	Protein 2	Rajma	Masoor Daal		Green Moong Ki Dal	Dal Makhani	Kadhi - pakori	
	Veg1	Cabbage Dry	Aloo fry	Mirchi Ka salan	Beetroot with Coconut/malai kofta	Kadai Paneer	Brinjal	Mirchi Ka Salan
	Non-veg			Chicken Dum biryani				Chicken Dum biryani
	Accompaniments	Curd	Curd	Curd/Raita	Curd	Curd	Curd	Curd/Raita
	Dessert		Semiya Kheer					Fruit Custard
Dinner	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Phulka	Poori	Wheat Lachcha Paratha	Double Roti	Phulka	Dosa	Noodles+Pulka
	Protein 1	Tuver Dal	Choley	Panchrang Daal	Dal fry	Tomato Daal	Sambar – chutney	Daal Moong
	Protein 2		millet khichdi	Paneer Butter Masala			chana daal	
	Veg		Donda		Veg Jaal Frezy		Aloo Masala	Verg / Gobi Manchurian & Aloo Gobi Curry
	Non-veg	Chicken Curry			Egg curry	Chicken Curry		
	Accompaniants	Curd	Curd	Curd	Curd	Curd	Curd	Curd
	Dessert	Boondi/double ka metha			Jalebi/Halwa		Special sweet	