

North Mess Monsoon Menu w.e.f 01.08.2024

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carb 1	Puffed Rice Poha	Veg Cutlet	Veg Dalia	Pav bhaji	Sewai	Sabudana khichri	Samosa
	Carb 2	Aloo palak Paratha	Poha	Bedmi Puri	Veg Upma	Khasta Kachori	Paneer Paratha	Macroni
	Accompaniants	Tomato Chutney	Tomato Ketchup	Aloo Sabji	Tomato Chutney	Aloo Sabji	Green Chutney	Imli Chutney/Ketchup
	Mandatory Item	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
	Protein	Steamed moong sprouts	Sattu Drink	Steamed Chana (Black) Chat	Steamed Sprouts	Steamed moong sprouts Salad	Steamed Peanut Salad	Sattu Drink
	Fruit (any one out of those mentioned)	Watermelon/ Papaya/Banana/ Pineapple/ Mosambi/ Muskmelon	Watermelon/ Papaya/Banana/ Pineapple/ Mosambi/ Muskmelon	Watermelon/ Papaya/Banana/ Pineapple/ Mosambi/ Muskmelon	Watermelon/ Papaya/Banana/ Pineapple/ Mosambi/ Muskmelon	Watermelon/ Papaya/Banana/ Pineapple/ Mosambi/ Muskmelon	Watermelon/ Papaya/Banana/ Pineapple/ Mosambi/ Muskmelon	Watermelon/ Papaya/Banana/ Pineapple/ Mosambi/ 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/Jeera Rice	Steamed Rice	Steamed Rice
	Carb 2	Roti/ Chapati	Roti/ Chapati	Roti/ Chapati	Palak Puri	Chapati	Roti/ Chapati	Roti/ Chapati/ Fryums
	Carb 3	Aloo Tikki		Veg Biryani		Aloo Capcicum		Veg Pulao
	Protein 1/Dal	Moong Dal	Masoor Dal	Lobiya (Gravy)	Toor Dal	Dal Fry	Green Moong Dal	Tuver Dal
	Protein 2/Veg1	Rajma	Kala Chana		Chole Masala		Punjabi Kadhi	
	Veg 2	Gawar Falli	Aloo Pyaz	Malai Kofta & Mirchi Salan	Mix Veg	Veg Kofta Curry	Soya Badi Aloo	Aloo Gobi
	Accompaniants	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Salad	Pickle, Curd, Salad, Imli Chutney	Pickle, Curd, Salad	Pickle, Curd, Salad
	Dessert/Special Dish		Besan Laddu/Semiya Kheer		Boondi Raita	Dahi Bhalla		Fruit Custard
Snacks	Item	Bhel Puri	Chana Chat	Papdi Chat	Aloo Sandwich	Veg Macroni	Mix Pakoda	Dhokla
	Drink	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk
Dinner	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Fried Rice	Matar Pulao	White Rice
	Carb 2	Plain Paratha	Roti/ Chapati	Aloo Paratha	Lachha/ Plain Paratha	Noodles	Bhatara	Plain Paratha
	Protein 1/Dal	Dal Makhani	Kadhai Paneer	Chana Dal	Matar Paneer	Soya Badi (semidry)	Cholla	Paneer Lababdar
	Protein 2/Veg1		Dal Tadka		Red Masoor Dal	Mixed Dal	Yellow Moong Dal	Mix Dal
	Veg 2	Bhindi Sabji & Aloo Tomato	Jeera Aloo	Mix Veg (Gravy)	Cabbage Aloo	Veg Manchurian		Lauki Chana
	Accompaniants	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad, Tomato Launji	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad
	Dessert						Gulab Jamun	