

South Mess Monsoon Menu w.e.f 01.08.2024

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carb 1	Upma	Poha	Dalia	Pongal	Sewai Upma	Uggani	Poori/ Kachori/ Paratha
	Carb 2	Pesarattu	Bonda	Uttapam	Wada	Idly	Dosa (Karam/Corn)	Bread- Butter- Jam
	Accompaniments	Sambar,chutney	Sambar,chutney	Sambar,chutney	Sambar,chutney	Sambar,chutney	Sambar,chutney	Aloo Sabji/ Chole
	Mandatory Item	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
	Protein	Steamed moong sprouts Salad	Sattu Drink	Steamed Chana sprouts Salad	Sattu Drink	Steamed moong sprouts Salad	Steamed Peanut Salad	Sattu Drink
	Fruit	Watermelon	Banana	Muskmelon	Pineapple	Papaya	Banana/Grape juice	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	Jeera Rice	veg Biryani	Bisi bele Bath, Boondhi	Pulao	Tomato Rice	Veg Biryani/Paneer Biryani
	Carb 3		Roti	Roti		Roti	Roti	
	Protein 1/Dal	Dosakaya Pappu	Thotakura Pappu	Tuver Dal	Mix Dal	Masoor Dal	Muddha Pappu	Palakura Pappu
	Protein 2	Soybean	Kala Chana	Potato Fry	Soyabean	Lobia	Chole	Potato Fry
	Veg1	Drumstick with Palak/Tomato	Meal Maker	Bendakaya,Raita	Potato/Cauliflower	Dosakaya	Kofta Curry + kakarakaya	Raita
	Veg2	Kobbari Charu	Rasam		Creamy Tomato Soup	Sambar	pacchi pulusu	sambar
	Accompaniments	Chutney/ Pachhadi, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Salad, Fryums	Mango Pickle, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Salad, Fryums
	Dessert	Mix/Flax seed laddu / Coconut Laddu			Semiya			Fruit Custard
Snacks	Item	Mirchi Bajji	Gunta Ponganalu	Aloo Bonda	Onion Pakodi	Samosa	Steam Dosa	Masala Wada
	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	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Roti/Paratha	Tomato Rice	Dosa	Paratha	Roti	Jeera Rice	Daddojanam, Roti
	Protein 1/Dal	Toor dal	Moong Dal	Masoor Dal	Dalcha	Green moong dal	Mix dal	Moong Dal
	Protein 2	Mix veg paneer	Lobia	Chutney	Matar Paneer	Chole	Soyabean	Rajma
	Veg	Cabbage Poriyal	Beerakaya	Aloo Kurma	Dondakaya Curry/beetroot	Carrot Green Peas Fry	Brinjal/Thotakura	Potato Fry
	Veg2	Pepper Rasam	Sambar	Sambar	Tomato Rasam	Dappalam	Ginger Rasam	Pappu Charu
	Accompaniments	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad
	Dessert			Gulab jamun/Jalebi		Peanut Chiki/Basen chakki		