

Yuktahaar Mess Menu Monsoon 2023 (w.e.f.01.08.2023)								
MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	ITEM1	Raagi Idly	Veg. Upma	Foxtail (Korralu) Millet Poha	Semiya Upma	Vegetable Idly	Veg Poha	Whole wheat bread
	ITEM2	Raajgira + Badam Milk	Raagi + Butter Milk	Chilla + Mint Chutney	Raagi+Butter Milk	Raajgira + Oats	Plain daliya	Hummus+ Salad + Upma
	ACCOMPANIMENTS	Sambhar + Cocount chutney	Groundnut Chutney	Putana chutney+Sambar	Putana Chutney	Sambhar + Tomato chutney/Coconut chutney	Coconut chutney	Tomato Chutney
	DAILY	Milk + Sprouts / Masala Sprouts + Almonds + Seasonal Fruits						
LUNCH	Special Rice	Tamarind Rice	Barneyard (Udalu) Millet Rice	Brown Rice	Veg Pulao	Brown Rice	Curd Rice	Foxtail (Korralu) Millet Pulao
	Roti	Live Roti	Live Jawari Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live roti
	Daal	Green whole Moongdal Tadka	Masoor Dal	Dal Fry	Gongura dal	Rajma	Tomato dal	Pumpkin Curry / Dal
	Vegetable	Mix Veg Paneer	Masala Gobi	Aloo Methi		Beetroot Poriyal	Beans & Carrot Poriyal	Black Chana Curry
	Extra		Sambar	Matar Paneer	Mah chhole	Dahi Kadhi	Masala Papad	
	Chutney	Ridge gourd chutney	Dosakai chutney		Gongura Chutney	kandi pacchadi	Karela Chutney	Tomato Chutney
	Sweet	Rawa Laddu		Flaxseed+Peanut Laddu				Daliya Sweet / Fruit Custard
	DAILY	Rice + Buttermilk + Kichidi + Salad						
SNACKS		Steamed Corn and Badam Milk	Uttappam+Coriander Chutney	Masala Oats + Chutney	Ragi Dosa + Chutney	Seasoned Salad of boiled Chhole, Beans and Peanuts + Green Chutney	Louki ka Chilla + Badam Thandai	Sweet Potato / Peanut Chat + Lassi
DINNER	RICE	Tomato Rice	Jeera Rice	Coconut Rice	Brown Rice	Ragi sangati	Masala kichdi	Corn & Peas Pulao
	Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live Roti
	Daal	Toor dal	Mix dal / Panchrang Dal [with and without onion]	Moong dal tadka	Daal Makhni	Lobiya	Black Urad Dal	Black Masoor Dal
	Vegetable	Baingan Bartha	Cabbage Porial	Lauki	Flat Beans	Thurai	Dry mix veg	Masala Paneer
	Extra	Rasam			Sambar/ Gatte ka Sabji			
	Chutney	Tomato Chutney	Donda Chutney	Coriander Chutney	Palli Podi	Pudina + Tomato chutney	Chutney	coconut podi
	Sweet		Raagi laddu		Semiya Payasam		Gazar halwa	
	DAILY	Rice + Buttermilk + Kichidi + Salad						
All the food items should mandatorily be less oily and spicy. Salad = Cucumber/Tomato + Carrot/Beetroot + Lemon + Onion								
Note: All efforts are made to follow the menu, still it is subject to change based on availability of vegetables and other raw materials in the market.								

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