

Yuktahaar Mess Menu Revision Spring 2023 (w.e.f.01.02.23)

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	Jowari roti
	ITEM2	Raajgira + Badam Milk	Raagi + Butter Milk	Plain Daliya	Raagi+Butter Milk	Raajgira	Plain daliya	Hummus+ Salad
	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	Barnyard (Udalu) Millet Rice	Brown Rice	Veg Pulao	Brown Rice	Curd Rice	Foxtail (Korralu) Millet Pulao
	Roti	Live Roti	Live Bhajra Roti	Live Roti	Live Roti	Live Roti	Live Roti	Live roti
	Daal	Green whole Moongdal Tadka	Masoor Dal		Gongura dal	Rajma	Tomato dal	
	Vegetable	Mix Veg Paneer	Masala Gobi	Aloo Methi	Soyabean	Beetroot Poriyal	Beans & Carrot Poriyal	Pumpkin Curry / Dal
	Extra		Sambar	Palak Paneer	Mah chhole	Dahi Kadhi		Black Chana Curry
	Chutney	Gongura chutney	Dosakai chutney	tomato chutney	Ridge gourd chutney	kandi pacchadi	Pudina & Tomato Chutney	
	Sweet			Flaxseed / Peanut Laddu		Ravva Laddu		Daliya Sweet / Fruit Custard
	DAILY	Rice + Buttermilk + Kichidi + Salad						
SNACKS		Uttappam + Coriander chutney	multi flour Sarvapindi with imli chutney	Seasoned Salad of boiled Chhole, Beans and Peanuts + Green Dhaniya Chutney	Ragi Dosa + Chutney	Masala Oats + Chutney+ Curd	Steamed Corn / Chilla + Badam Thandai	Sweet Potato / Peanut Chat + Lassi
DINNER	RICE	Brown Rice	Mint Rice	Coconut / Jeera Rice		Ragi sangati	Masala Khichidi-Dry	Tomato Rice
	Roti	Methi Roti	Live Roti	Live Roti	Live Palak Roti	Live Roti	Beetroot Roti	Live Roti
	Daal	Mango dal	Mix dal / Panchrang Dal [with and without onion]	leafy moong dal with tadka	Daal Makhni	Lobiya	Thotakura dal	Black Masoor Dal
	Vegetable	Baingan Bartha	Bhindi	Lauki	Gawar Phali	Turai-Chana dal Sabzi	Dry mix veg	Masala Paneer
	Extra	Rasam				Sambar		Pachipulusu
	Chutney	Tomato Chutney	Donda Chutney	Coriander Chutney	Palli Podi	Chutney	coconut podi	
	Sweet		Raagi laddu		Semiya Payasam		Suji / Lauki Halwa	
	DAILY	Rice + Buttermilk + Kichidi + Salad						

All the food items should mandatorily be less oily and spicy. Salad = Cucumber + Lemon + Tomato + Onion + Carrot/Beetroot.

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.