

Yuktahaar (Student Mess) Monsoon Menu w.e.f 12.09.22

MEAL	ITEMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	ITEM1	Raagi Idly	Veg. Upma	Veg Poha	Semiya Upma	Vegetable Idly	Foxtail (Korralu) Millet Poha	Jawar Roti
	ITEM2	Raajgira + Butter Milk	Raagi + Badam Milk	Raajgira	Raagi+Butter Milk	Raajgira	Raagi + Badam Milk	Hummus+ Coconut shreds
	ACCOMPANIMENT S	Sambhar + Cocount chutney	Putana chutney	Cocount chutney	Cocount chutney	Sambhar + Tomato chutney	Putana chutney	Tomato Chutney
	DAILY	Milk + Sprouts / Masala Sprouts + Almonds + Plain Daliya + Seasonal Fruits + Curd / Butter Milk						
LUNCH	Special RICE	Tamarind Rice	Barnyard (Udal) 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 Palak Roti	Live Roti
	Daal	Green whole Moongdal Tadka	Masoor Dal		Masoor / Chhole	Rajma	Dal Fry [with&without onion]	
	Vegetable	Mix Veg Paneer	Tomato Drumstick Curry	Aloo Methi	Soyabean	Beetroot Poriyal	Beans & Carrot Poriyal	Pumpkin
	Extra		Sambar	Paneer Masala	Mah chhole	Dahi Kadhi		Chhole / Black Channa
	Chutney/ Pickle		Dosakai chutney		Tomato Chutney	Donda Chutney	Kakarkaya Pachadi Pickle	Gongura Chutney
	Sweet	Daliya Sweet						Fruit Custard
	DAILY	Rice + Buttermilk + Kichidi + Salad						
SNACKS		Sabudana Khichdi + Lassi	Uttapam + Groundnut Chutney	Seasoned Salad of boiled Chhole, Beans and Peanuts + Green Dhaniya Chutney	Ragi Dosa + Chutney	Masala Oats + Chutney+ Curd	Steamed Corn / Suji Chilla + Badam Thandai	Sweet Potato / Peanut Chat + Lassi
DINNER	RICE	Mint Rice	Brown Rice	Coconut / Jeera Rice		Barnyard (Udal) Millet Rice	Masala Khichidi - Dry	Tomato Rice
	Roti	Methi Roti	Live Roti	Live Roti	Methi Roti	Live Roti	Live Roti	Live Roti
	Daal	Chana Dal	Mix dal / Panchrang Dal [with&without onion]	Leafy Dal	Toor Dal Tadka [with&without onion]	Lobiya	Daal Makhni	Black Masoor Dal
	Vegetable	Masala Gobhi / Baingan Bartha	Bhindi	Lauki	Gawar Phali	Turai-Dal Sabzi	Mix Veg	
	Extra	Rasam				Rasam / Sambar		Spl. Paneer
	Chutney	Tomato Chutney		Donda Chutney	Palli Podi			
	Sweet		Raagi laddu		Atakalu / Semiya Payasam		Sujji 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.