

Yuktahar (Student Mess) Monsoon Menu w.e.f 01.10.21

| MEAL | ITEMS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|------------------------|---|--|-----------------|-------------------------------------|--|-------------------------------|--------------------------------|
| BREAKFAST | ITEM1 | Raagi Idly | Dalia Upma | Veg Poha | Semiya Upma | Vegetable Idly | Foxtail (Korralu) Millet Poha | Jawar Roti |
| | ITEM2 | Raajgira | Raagi+Butter Milk | Raajgira | Raagi+Butter Milk | Raajgira | Raagi+Butter Milk | Hummus+ coconut shreds |
| | ACCOMPANIMENTS | Sambhar + Cocount chutney | Putana chutney | Cocount chutney | Cocount chutney | Sambhar + Tomato chutney | Putana chutney | Tomato Chutney |
| | DAILY | Milk+ Sprouts/MasalaSprouts + Almonds + Seasonal Fruits | | | | | | |
| LUNCH | Special RICE | Tamarind Rice | Barnyard (Udalu) Millet Rice | Brown Rice | Veg Rice/ Mint Rice | Brown Rice | Curd Rice | Foxtail (Korralu) Millet Pulao |
| | Roti | Live Roti | Live Roti | Live Roti | Live Roti | Live Roti | Live Roti | Live Roti |
| | Daal | Green whole Moongdal Tadka | | | | | Dal Fry [with&without onion] | |
| | Vegetable | Beans | Tomato Drumstick Curry | Aloo Methi | Lauki | Beetroot Poriyal | Carrot Poriyal | Pumpkin |
| | Extra | | Sambar | Palak Paneer | Mah chhole | Dahi Kadhi | | Chhole/ Black Channa |
| | Chutney/ Pickle | | Dosakai chutney | | Tomato Chutney | Donda Chutney | Dosakai chutney | Gongura Chutney |
| | Sweet | Rawa Laddu | | | | | | Sweet Custard |
| | DAILY | Rice + Buttermilk + Kichidi + Salad | | | | | | |
| SNACKS | | Sabudana Khichdi | Uttapam | Besan Chilla | Steamed Dosa | Dhokla/ Masala Oats | Litti/Suji Chilla | Sweet Potato/ Bhel |
| DINNER | RICE | Brown rice | | Coconut Rice | | Barnyard (Udalu) Millet Rice | | Tomato Rice |
| | Roti | Live Roti | Live Roti | Live Roti | Live Roti | Live Roti | Live Roti | Live Roti |
| | Daal | Chana Dal | Mix dal/Panchrang Dal [with&without onion] | Panchranga Dal | Toor Dal Tadka [with&without onion] | Black urad daal Tadka [with&without onion] | Daal Makhni | Black Masoor Dal |
| | Vegetable | Bharwa Baigan | Karela/ Bhindi | Lauki | Gawar Phali | Turai-Dal Sabzi | Mix Veg | |
| | Extra | Rasam | Soyabean Chunks | | | Rasam/Sambar | | Spl. Paneer |
| | Chutney | Tomato Chutney | | Donda Chutney | Palli Podi | | | |
| | Sweet | | Raagi laddu | | | | Suji halwa | |
| | DAILY | Rice + Buttermilk + Kichidi + Salad | | | | | | |

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