

RISHIHOOD UNIVERSITY

WEEKLY PURE VEG FOOD MENU

CATERING BY

bch
BLUE CHIP HOSPITALITY PVT. LTD.



Monday

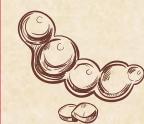
BREAKFAST 7:30 TO 9:30 AM

- Fruit
- Sweet Dalia
- Muesli
- Besan Masala Chilla
- Mint Chutney (D)
- Hot/Cold Milk (D)
- Tea/Coffee (D)
- Bread, Butter/Jam



LUNCH 01:00 - 02:30 PM

- Farm Green Salad
- Aloo Beans
- Dal Makhani
- Sambhar
- Jeera Rice
- Chapati/Papad
- Pineapple Mousse



SNACKS 05:00 - 06:00 PM

- Vada Pav
- Tomato Ketchup
- Tea/Coffee (D)

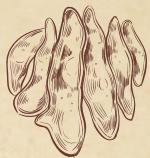


Healthy Delicacies

Whole grain & millets delicacies

DINNER 07:30- 09:00 PM

- Green Salad
- Veg Jalfrezi
- Rasam
- Dal Palak
- Jeera Rice
- Chapati



(D) Dairy
(N) Peanut
(G) Gluten



VEG JALFREZI

BENEFITS

The dish includes bell peppers, tomatoes, and onions, which are loaded with antioxidants that help fight free radicals and reduce inflammation.



Tuesday

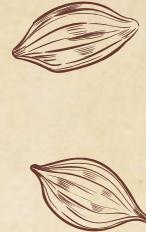
BREAKFAST 7:30 TO 9:30 AM

- Fruit
- Masala Oats**
- Cornflakes
- Indori Poha
- Mint Chutney (D)
- Hot/Cold Milk (D)
- Tea/Coffee (D)
- Bread, Butter/Jam



LUNCH 01:00 - 02:30 PM

- Green Salad
- Mix Vegetable
- Black Chana
- Tomato Rasam
- Onion Rice
- Chapati



SNACKS 05:00 - 06:00 PM

- Samosa
- Tomato Ketchup,
- Tea/Coffee (D)



Healthy Delicacies

Whole grain & millets delicacies

DINNER 07:30- 09:00 PM

- Onion Salad
- Veg Manchurian
- Veg Thoran
- Dal Tadka
- Fried Rice
- Chapati

Gulab Jamun (D)



(D) Dairy
(N) Peanut
(G) Gluten



GULAB JAMUN

BENEFITS

Made primarily of khoya (reduced milk) and sugar, Gulab Jamun provides quick energy due to its high carbohydrate content.



Wednesday

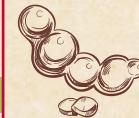
BREAKFAST 7:30 TO 9:30 AM

- Fruit
- Plain Porridge
- Chocos
- Sooji Upma
- Tomato Chutney
- Hot/Cold Milk (D)
- Tea/Coffee (D)
- Bread, Butter/Jam



LUNCH 01:00 - 02:30 PM

- Lachha Onion
- Kadhai Paneer (D)
- Arhar Dal
- Sambar
- Plain Rice
- Chapati/Papad
- Shahi Tudka (D)



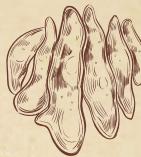
SNACKS 05:00 - 06:00 PM

- Red Sauce Pasta
- Tomato Ketchup
- Tea/Thandai (D)



DINNER 07:30 - 09:00 PM

- Farm Green Salad
- Masala Gobhi
- Rasam
- Chana Dal
- Plain Rice
- Chapati



Healthy Delicacies

Whole grain & millets delicacies

(D) Dairy
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(G) Gluten



RED SAUCE PASTA

BENEFITS

The tomato-based sauce is loaded with lycopene, a powerful antioxidant that helps fight free radicals and supports heart health.



Thursday

BREAKFAST

7:30 TO 9:30 AM

Fruit

Moong Sprouts

Wheat Flakes

Plain Paratha

Aloo Bhaji

Hot/Cold Milk (D)

Tea/Coffee (D)

Bread, Butter/Jam



LUNCH 01:00 - 02:30 PM

Green Salad

Jeera Aloo

Curd (D)

Pepper Rasam

Masala Khichdi

Chapati



SNACKS 05:00 - 06:00 PM

Garlic Bread

Tomato Ketchup

Tea/Coffee (D)



DINNER 07:30- 09:00 PM

Finger Salad

Gatta Curry (D)

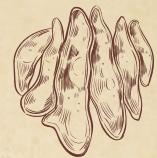
Veg Poriya

Mix Dal

Jeera Rice

Chapati

Balu Shahi



Healthy Delicacies

Whole grain & millets delicacies

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(N) Peanut

(G) Gluten



GATTA CURRY

BENEFITS

The fiber and plant-based protein in besan help manage cholesterol levels, reducing the risk of heart disease.



Friday

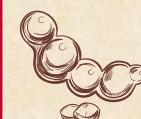
BREAKFAST 7:30 TO 9:30 AM

- Fruit Sandwich
- Muesli
- Kulcha
- Matar
- Hot/Cold Milk (D)
- Tea/Coffee (D)
- Bread, Butter/Jam



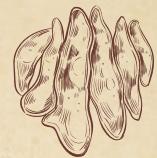
LUNCH 01:00 - 02:30 PM

- Lachha Onion
- Burani Raita
- Dhaba Dal
- Sambar
- Hydrabadi Biryani
- Chapati
- Ice Cream (D)



DINNER 07:30- 09:00 PM

- Green Salad
- Matar Paneer (D)
- Beans Poriya
- Black Malka
- Plain Rice
- Chapati



SNACKS 05:00 - 06:00 PM

- Bread Pakoda
- Tomato Ketchup
- Tea/Coffee (D)



Healthy Delicacies

Whole grain & millets delicacies

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HYDERABADI BIRYANI

BENEFITS

The spices used in Hyderabadi Biryani, especially black pepper, cloves, and green chilies, help boost metabolism.

Saturday

BREAKFAST 7:30 TO 9:30 AM

- Fruit
- Sprouted Black Channa
- Chocos
- Vermicelli
- Curd (D)/Pickle
- Hot/Cold Milk (D)
- Tea/Coffee (D)
- Bread, Butter/Jam

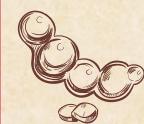


Healthy Delicacies

Whole grain & millets delicacies

LUNCH 01:00 - 02:30 PM

- Green Salad
- Chiya Chana
- Rajma Masala
- Rasam
- Jeera Rice
- Chapati



SNACKS 05:00 - 06:00 PM

- Maggi
- Tomato Ketchup
- Tea/Coffee (D)

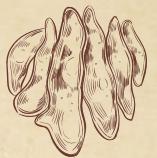


DINNER 07:30- 09:00 PM

- Green Stick Salad
- Diwani Handi
- Sambar
- Dal Maharani
- Plain Rice
- Chapati
- Besan Burfi



(D) Dairy
(N) Peanut
(G) Gluten





RAJMA MASALA

BENEFITS

The complex carbs in rajma prevent blood sugar spikes, making it a good option for diabetics.



Sunday

BREAKFAST 7:30 TO 9:30 AM

- Fruit
Dalia
Cornflakes
Aloo Paneer Paratha
Tomato Chutney
Hot/Cold Milk (D)
Tea/Coffee (D)
Bread, Butter/Jam
- 

LUNCH 01:00 - 02:30 PM

- Mint Lachha Onion
Aloo Tamatar
Pindi Choley
Sambar
Plain Rice
Poori
Sooji Halwa
- 



SNACKS 05:00 - 06:00 PM

- Aloo Patties
Tomato Ketchup
Tea/Coffee (D)
- 



DINNER 07:30- 09:00 PM

- Laccha Onion
Kathal Masala
Rasam
Dal Panchratan
Onion Rice
Chapati
- 



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