MENU ITEMS

Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	02 numbers 200 gram each	02 numbers Plain Paratha	02 numbers Purees with	02 numbers 200 gram each	02 numbers 200 gram each	02 numbers Plain Paratha	02 numbers 200 gram each
	stuffed Paronthas* with 100	with Alu sabzi	Aaloo with 100 gram curd,	stuffed Paronthas* with 100	stuffed Paronthas* with 100	with Alu sabzi	stuffed Paronthas* with 100
	gram curd/17 gram Butter/		pickle/chutney.	gram curd/17 gram Butter/	gram curd/17 gram Butter/	OR LOU	gram curd/17 gram Butter/
	20 gram Jam/ Boiled egg	OR		20 gram Jam/ Boiled egg	20 gram Jam/ Boiled egg	04 numbers of Bread Slices	20 gram Jam/ Boiled egg
	(01 no)	04 numbers of Bread Slices		(01 no)	(01 no)	(sandwich bread cake size)	(01 no)
on weekdays	OR	(sandwich bread cake size)		OR	OR	with 17 gram Butter or	OR
	04 numbers of Bread Slices	with 17 gram Butter or 20		04 numbers of Bread Slices	04 numbers of Bread Slices	20 gram Jam or Boiled egg	04 numbers of Bread Slices
	(sandwich bread cake size)	gram Jam or Boiled egg (01		(sandwich bread cake size)	(sandwich bread cake size)	(01 no) or (8.5 gram Butter	(sandwich bread cake size)
~ . ~ .	with 17 gram Butter or 20	no) or (8.5 gram Butter and		with 17 gram Butter or	with 17 gram Butter or 20	and 10 gram Jam)	with 17 gram Butter or 20
	gram Jam or Boiled egg (01	10 gram Jam)		20 gram Jam or Boiled egg	gram Jam or Boiled egg (01	OR Poha with Tomato	gram Jam or Boiled egg (01
	no) or (8.5 gram Butter and			(01 no) or (8.5 gram Butter	no) or (8.5 gram Butter and	Chutney/Idli Sambhar/Bada	no) or (8.5 gram Butter and
1	10 gram Jam).			and 10 gram Jam)	10 gram Jam)	5	10 gram Jam)
						Sambhar/Daliya/ Sprouts	
		With 200 ml Boiled				With 200 ml Boiled	
	With 200 ml Boiled	milk/Tea with sugar	With 200 ml Boiled	With 200 ml Boiled	With 200 ml Boiled	milk/Tea with sugar	With 200 ml Boiled
	milk/Tea with sugar dissolved.	dissolved.	milk/Tea with sugar dissolved.	milk/Tea with sugar dissolved.	milk/Tea with sugar dissolved.	dissolved.	milk/Tea with sugar dissolved.
lunch	Chapati, seasonable green vegetable and Rice	Chapati, seasonable green vegetable and Rice	Chapati, seasonable green vegetable and Rice	Chapati, seasonable green mix vegetable and Rice	Chapati, seasonable green	Chapati, seasonable green vegetable and Rice	(Special Lunch) Puree/Bhature, Rice Pulao,
12.30 nm = 2.30 nm	Daal: Raajama	Soy nuggets/vegetable	Daal: Lobia/Raungi	Karhi pakora	vegetable and Fried Rice	MoongSsabut	White Channa.
on weekdays (Monday	Daar: Kaajama	kofta	Daar: Lobia/Raungi	капп ракога	Daal: Chanaa Black	MoongSsabut	white Channa,
to Friday)		Kolta			Daai. Chanaa Black		
	Curd 100 gram with chat	Onion tomato Raita (with	Boondi Raita (with		Onion tomato Raita (with	Curd 100 gram with chat	Boondi Raita/Dry Masala
1:00 PM to 2:30PM	masala	quantity of Curd 100	quantity of Curd 100		quantity of Curd 100	masala	Aloo
on Saturday, Sunday	masara	gram)+papad	gram)		gram)+papad	masura	1100
and Institute Holidays		grain) - pupud	Simily		grain) - papad		
Evening Tea							
(5.00 pm - 6.00pm)	Evening Tea	Evening Tea	Evening Tea	Evening Tea	Evening Tea	Evening Tea	Evening Tea
Dinner 7.15 pm - 9.00 pm on all days	Chapati, Rice, Daal fried	Chapati, Rice, Daal fried	(Special Dinner)	Chapati, Rice, Daal fried	Chapati, Rice, Daal fried	Chapati, Rice,	Chapati, Rice, Daal fried
	(Moong Sabut / Moong	(Urad Sabut), seasonable	Puree, White Chana, Shahi	(Masur Dhuli/ Masur	(Arhar), seasonable green	Rajmah,	(Moong Chilke wali),
	Dhuli), seasonable green	green vegetable	Paneer (Paneer	Sabut), seasonable green	vegetable	seasonable green	seasonable green
	vegetable	0 0	50gms.)/Chilli Paneer	vegetable	5	vegetable	vegetable
	-	Sweet Dish:	(Paneer 50gms.) on	Sweet: Gulabjamun /		Sweet Dish: Fruit Custard /	-

*Seasonable vegetable stuffing as per availability. Stuffing should vary on different days.

Note: 1. Daal, Sabji, Chapatti, Rice shall be served in unlimited amount. 2. Curd, Butter, Milk/Tea, Sweet Dish, Paneer, Egg items shall be served in limited amount. 3. Salaad (seasonal-03 different items including onion with ¼ lemon additional) and pickle, saunf shall be served every day with Lunch and Dinner both. 4. Mess menu may be modified in consultation with Hostel Mess Committee, Warden and Chief Warden of the concerned hostel.