

MESS MENU

Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>BREAKFAST 6.45 am - 8.15 am on weekdays (Monday to Friday)</p> <p>8.00 am - 9.15 am on Saturday, Sunday and Institute Holidays</p>	<p>Stuffed Paronthas* with 100-gram curd/17-gram Butter/ 20-gram Jam/ Boiled egg (01 no)</p> <p style="text-align: center;">OR</p> <p>04 numbers of Bread Slices (sandwich bread cake size) with 17-gram Butter or 20-gram Jam or Boiled egg (01 no) or (8.5-gram Butter and 10 gram Jam) along with</p> <p><i>With 200 ml Boiled milk/Tea with sugar dissolved and</i></p> <p>Sprouts: Black Chana + Sabut Moong (100 gm)</p>	<p>Plain Parathas with Alu sabzi</p> <p style="text-align: center;">OR</p> <p>04 numbers of Bread Slices (sandwich bread cake size) with 17-gram Butter or 20-gram Jam or Boiled egg (01 no) or (8.5-gram Butter and 10 gram Jam)</p> <p><i>With 200 ml Boiled milk/Tea with sugar dissolved and</i></p> <p>Sprouts: Black Chana + Sabut Moong (100 gm)</p>	<p>Purees with Aalu Sabzi and 100-gram curd, pickle/chutney.</p> <p><i>With 200 ml Boiled milk/Tea with sugar dissolved and</i></p> <p>Sprouts: Black Chana + Sabut Moong (100 gm)</p>	<p>Dalia and Poha</p> <p style="text-align: center;">OR</p> <p>04 numbers of Bread Slices (sandwich bread cake size) with 17-gram Butter or 20-gram Jam or Boiled egg (01 no) or (8.5-gram Butter and 10 gram Jam)</p> <p><i>With 200 ml Boiled milk/Tea with sugar dissolved and</i></p> <p>Sprouts: Black Chana + Sabut Moong (100 gm)</p>	<p>Stuffed Paronthas* with 100-gram curd/17-gram Butter/ 20-gram Jam/ Boiled egg (01 no)</p> <p style="text-align: center;">OR</p> <p>04 numbers of Bread Slices (sandwich bread cake size) with 17-gram Butter or 20-gram Jam or Boiled egg (01 no) or (8.5-gram Butter and 10 gram Jam)</p> <p><i>With 200 ml Boiled milk/Tea with sugar dissolved and</i></p> <p>Sprouts: Black Chana + Sabut Moong (100 gm)</p>	<p>Plain Paratha with Alu sabzi</p> <p style="text-align: center;">OR</p> <p>04 numbers of Bread Slices (sandwich bread cake size) with 17-gram Butter or 20-gram Jam or Boiled egg (01 no) or (8.5-gram Butter and 10 gram Jam)</p> <p style="text-align: center;">OR</p> <p><i>With 200 ml Boiled milk/Tea with sugar dissolved and</i></p> <p>Sprouts: Black Chana + Sabut Moong (100 gm)</p>	<p>Poha with Tomato Chutney/Idli Sambhar/Bada Sambhar/Daliya/ Sprouts</p> <p style="text-align: center;">OR</p> <p>04 numbers of Bread Slices (sandwich bread cake size) with 17-gram Butter or 20 gram Jam or Boiled egg (01 no) or (8.5 gram Butter and 10 gram Jam)</p> <p><i>With 200 ml Boiled milk/Tea with sugar dissolved and</i></p> <p>Sprouts: Black Chana + Sabut Moong (100 gm)</p>
<p>LUNCH 12.30 pm - 2.30 pm on weekdays (Monday to Friday)</p> <p>1:00 PM to 2:30PM on Saturday, Sunday and Institute Holidays</p>	<p>Chapati, seasonable green vegetable and Rice Daal: Raajama</p> <p>Curd 100 gram with chat masala</p>	<p>Chapati, seasonable green vegetable and Rice Soy nuggets/vegetable kofta</p> <p>Onion tomato Raita (with quantity of Curd 100 gram)+papad</p>	<p>Chapati, seasonable green vegetable and Rice Daal: Lobia/Raungi</p> <p>Boondi Raita (with quantity of Curd 100 gram)</p>	<p>Chapati, seasonable green mix vegetable and Rice Karhi pakora</p>	<p>Chapati, seasonable green vegetable and Fried Rice Daal: Chanaa Black</p> <p>Onion tomato Raita (with quantity of Curd 100 gram)+papad</p>	<p>Chapati, seasonable green vegetable and Rice MoongSabut</p> <p>Curd 100 gram with chat masala</p>	<p>(SPECIAL LUNCH) Puree/Bhature, Rice Pulao, White Channa,</p> <p>Boondi Raita/Dry Masala Aalu</p>
<p>EVENING TEA (5.00 pm - 6.00pm)</p>	<p>Only Tea</p>	<p>Samosa and Tea</p>	<p>Only Tea</p>	<p>Bread Pakoda and Tea</p>	<p>Only Tea</p>	<p>Vegetable Cutlets and Tea</p>	<p>Only Tea</p>
<p>DINNER 7.15 pm - 9.00 pm on all days</p>	<p>Chapati, Rice, Daal fried (Moong Sabut / Moong Dhuli), seasonable green vegetable</p>	<p>Chapati, Rice, Daal fried (Urad Sabut), seasonable green vegetable</p> <p><i>Sweet Dish: Halwa</i></p>	<p>(SPECIAL DINNER) Puree, White Chana, Shahi Paneer (Paneer 50gms.)/Chilli Paneer (Paneer 50gms.) on alternate week, Fried Rice</p>	<p>Chapati, Rice, Daal fried (Masur Dhuli/ Masur Sabut), seasonable green vegetable</p> <p><i>Sweet: Gulab Jamun / Rasogulla</i></p>	<p>Chapati, Rice, Daal fried (Arhar), seasonable green vegetable</p>	<p>Chapati, Rice, Rajmah, seasonable green vegetable</p> <p><i>Sweet Dish: Fruit Custard / Kheer</i></p>	<p>Chapati, Rice, Daal fried (Moong Chhilke wali), seasonable green vegetable</p>

***Seasonable vegetable stuffing as per availability. Stuffing should vary on different days. Sprouts: Black Chana + Sabut Moong are mandatory to serve everyday with Breakfast.**

Note: 1. Daal, Sabzi, Chapatti, Rice shall be served in unlimited quantity. 2. Curd, Butter, Milk/Tea, Sweet Dish, Paneer, Eggs items shall be served in limited quantity. 3. Salaad (Seasonal-03 different items including Onion with ¼ Lemon additional) and pickle, Sweet Saunf shall be served every day with Lunch and Dinner both. 4. Mess menu may be modified in consultation with concerned Hostel Mess Committee, Warden and Chief Warden(s).

Tentative Mess Timings:

Breakfast	6:45 AM to 8:15 AM on weekdays (Monday to Friday) 8:00 AM to 9:15 AM on Saturday, Sunday and Institute Holidays
Lunch	12:30 PM to 2:30 PM on weekdays (Monday to Friday) 1:00 PM to 2:30 PM on Saturday, Sunday and Institute Holidays
Evening Tea	5.00 PM to 6.00 PM on all days
Dinner	7:15 PM to 9:00 PM on all days.

Note: The above schedule is subject to change by the order of competent authority.