

MESS MENU w.e.f 09-04-2018

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1. BREAD,BUTTER,JAM 2. GOBI / MIX PARANTHA 3. EGGS(2 pc) / BANANA(2 pc) 4. MILK-HORLICKS / TEA	1. BREAD,BUTTER,JAM 2. PURI+AALO MATAR 3. SPROUTS 4. BADAM MILK SHAKE / TEA	1. BREAD,BUTTER,JAM 2. ALOO PARANTHA / OMELETE 3. APPLE / ORANGE 4. MILK-BOURNVITA / TEA	1. BREAD,BUTTER,JAM 2. UTTAPAM / IDLI(ALT), SAMBHAR AND COCONUT CHUTNEY 3. CORN FLAKES, SPROUTS 4. MILK / TEA	1. BREAD,BUTTER,JAM 2. PAV BHAJI, POHA / UPMA(ALT) 3. WATER MELON / MUSK MELON 4. MILK-HORLICKS / TEA	1. BREAD,BUTTER,JAM 2. DOSA WITH SAMBHAR AND COCONUT CHATNI 3. EGG(2 pc) / FRUIT-BANANA(2 pc) 4. MILK-BOURNVITA,TEA	1. BREAD,BUTTER,JAM 2. DALIYA, PLAIN PARANTHA WITH ALOO MASALA 3. BANANA SHAKE
LUNCH	1. RICE 2. CHAPATI 3. SABAT MASOOR DAL 4. ALOO BAINGAN 5. BUNDI RAITA (100gm)	1. RICE 2. CHAPATI 3. BLACK CHANNA 4. SEASONAL VEG 5. CURD (100 gm)	1. PEAS PULAO 2. CHAPATI 3. MIX VEG(NO ALOO) 4. KADHI PAKODA 5. PAPAD	1. VEG BIRYANI / EGG BIRYANI 2. SOYABEAN 3. CHAPATI 4. PANCH RATNI DAL 5. VEG RAITA(100 gm)	1. RICE 2. CHAPATI 3. DAL MAKHNI 4. PANEER BHURJI / EGG (BHURJI/CURRY) (ALT) 5. CURD (100gm)	1. RICE 2. CHAPATI 3. CHOLE BHATURE 4. GREEN DAL 5. GREEN CHATNI 6. CURD (100gm)	1. RICE 2. CHAPATI 3. RAJMA 4. PLAIN LAUKI 5. CURD (100gm)
SNACKS	1. STUFF PANEER KULCHA 2. COFFEE AND MILK(200 ML)	1. NOODLES / MACRONI (ALT) 2. TEA	1. ALOO TICKY BURGER 2. COLD COFFEE	1. SOMOSA WITH CHUTNEY 2. TEA	1. GRILLED ALOO SANDWICH / GRILLED VEG SANDWICH(ALT) 2. COFFEE AND MILK(200 ML)	1. NAMKEEN SEVAI / VEG CUTLET (ALT) 2. TEA	1. MIX PAKODA 2. TEA
DINNER	1. RICE/FRIED RICE 2. CHAPATI 3. ARHAR DAL 4. LAUKI KOFTA 5. GULAB JAMUN (1 PCS)	1. RICE 2. CHAPATI 3. DAL TADKA 4. TORI / TINDA(ALT) 5. KHEER	1. RICE 2. CHAPATI 3. MOONG DAL 4. SHAHI PANEER / CHILLY CHICKEN 5. MOONG KA HALWA	1. FRIED RICE 2. CHAPATI 3. SOYA DAL 4. ARBI / ALOO GOBI (ALT) 5. FRUIT CREAM (150gm)	1. RICE 2. CHAPATI 3. YELLOW MOONG DAL 4. MALAI KOFTA 5. RASGULLA(1 PC)	1. RICE 2. CHAPATI 3. MIX VEG 4. ARHAR DAL 5. JALEBI (100 gm)	1. PEAS PULAO 2. TANDOORI ROTI, CHAPATI 3. DAL TADKA 4. KADHAI PANEER / KADHAI CHICKEN 5. ICE CREAM(2 SCOOP)

NOTE:- EVERYDAY ON LUNCH AND DINNER SALAD WILL BE PROVIDED.

SUMMER: KHIRA, ONION, LEMON AND CHILLY

WINTER: CARROT, BEETROOT, LEMON AND CHILLY

NOTE:- PROVIDING ALTERNATIVE OPTIONS ARE SUBJECTED TO THE AVAILABILITY OF ITEMS