

## (NEW) MESS MENU (HOSTEL, NO-VIII) - (DATE – 14.07-2023) MINOR CHANGES IN OLD MESS MENU

	BREAKFAST	LUNCH	DINNER
DAILY (COMPULSORY)	(A) Sprouts (Chana-normal & boiled, Moong) (B) TEA/Dalia (C) (Milk, Horlicks / Bourn Vita/ Coffee) / Banana (4 Pcs.) / Egg (2 Pcs.) / [Banana (2 Pcs.) +1 Egg] (D) 4 Plain Bread (optional with hot breakfast)/ Regular Breakfast as per the menu/ (Bread, Butter, Jam) / Cornflakes/ Chocos  Note: Options for Butter and Jam: (1 Slice Butter, 1 Spoon Jam) / 2 Slices Butter / 2 Spoon Jam/ 2 spoon Peanut butter	ROTI (PLAIN & BUTTER), PARATHA, SAMBAR, BOILED RICE, SALAD, PLAIN DAL (ARHAR), CURD /FRUITS EXTRA- BUTTER, GHEE	ROTI (PLAIN & BUTTER), PARATHA, RASAM, SALAD, BOILED RICE, PLAIN DAL (ARHAR)
MONDAY	IDLI, VADA/ UTTAPAM SAMBHAR, NARIYAL CHUTNEY, TOMATO CHUTNEY	BHINDI SABJI, ARHAR DAAL  EXTRA: SWEET: DRY FRUIT LADDU VEG: HONEY CHILLIE POTATO NON-VEG: FISH CURRY	BASANTI PULAO, DUM ALOO, MIXED DAL, GULAB-JAMUN  EXTRA: VEG: MUSHROOM CHILLI NON-VEG: MUTTON KASA
TUESDAY	PARATHAS (ALOO, PYAJ & SATTU), TOMATO CHUTNEY, SAUCE, GREEN CHUTNEY (GARLIC+GREENDHANIYA) (/LASSI)	CHANA DAL, ARBI GRAVEY  EXTRA: SWEET: LOKI HALWA VEG: SUKTO NON-VEG: CHICKEN KASA	ARHAR DAAL, (KADHAI PANEER / MATAR PANEER) / EGG CURRY  EXTRA: SWEET: MAL PUA
WEDNESDAY	VEG MAYO SANDWICH / VADA PAV, FRIED GREEN CHILLIES	RAJMA / BLACK MASOOR DAAL, KARELA ALOO FRY  EXTRA: VEG: DAHI KABAB SWEET: EMARTI RABDI NON-VEG: FISH FRY/ FISH FINGER	KUNDRU SABZI/ALOO LOBIYA, PANCH RATAN DAL  EXTRA: SWEET: MILK CAKE VEG: CHILLI PANEER NON-VEG: MUTTON BIRYANI
THURSDAY	POORI, MATAR (YELLOW) SABZI, HALWA	KADHI PAKODI, PAPAD, ALOO JEERA  EXTRA: SWEET: RASMALAI VEG: GARLIC MUSHROOM NON-VEG: LEMON PEPPER CHICKEN	IMLI RICE/ PULIHORA, CHANA DAAL (COCONUT FLAVOR), CHOLA BHATURA / ALOO TAMATAR, POORI, STUFFED KACHORI, SEWAI / KHEER  EXTRA: VEG: AALU TIKKI CHAT NON-VEG: MALAI TIKKA/ CHICKEN KALIMIRCH
FRIDAY	BESAN CHILLA+ DHANIYA CHUTNEY/RAWAUPMA + SAMBHAR+ COCONUT CHUTNEY	ARHAR DAL, LOKI CHANA/LOKI JEERA  EXTRA: SWEET: MOONG DAL HALWA VEG: METHI MALAI PANEER NON-VEG: FISH CURRY (DAHI/KALAUNJI)	METHI MALAI PANEER/ CHICKEN CURRY(2 PCs) , MATAR PULAV, KULCHA, (GARLIC NAAN, TANDOORI ROTI)/(MISSI ROTI, NAAN-AATA, MAIDA), FRENCH FRIES, MIX VEG SALAD  FRUIT CUSTARD/ PINEAPPLE RAITA
SATURDAY	DOSHA/ SPCL DOSHA, NARIYAL CHUTNEY, GINGER CHUTNEY, BOMBAY CHUTNEY	MIXED DAL, SOYA KEEMA / KALA CHANA GRAVY  EXTRA: SWEET: BOONDI RABDI VEG: PANEER TIKKA NON-VEG: PALLIPALAYAM CHICKEN	MOONG DAL TADKA, ALOO CHOKHA/BAIGAN BHARTA, KHAJOUR CHUTNEY  EXTRA: VEG: GREEN PEAS KACHORI + DUM ALOO NON-VEG: CHICKEN STEW WITH VEGGIES
SUNDAY	POHA, JALEBI, NAMKEEN, CURD	PARATHA [PANEER (1 PC.)ALOO, DAL/ MIX-VEG]; CHHOLE, HARI DHANIYA CHUTNEY, (/LASSI)  EXTRA: SWEET: DOUBLE KA MEETHA VEG: MUSHROOM MATAR NON-VEG: WEEKEND SPECIAL	SCHEZWAN RICE, PARWAL KORMA , MOONG DAAL  EXTRA: SWEET: SHAHI TUKDA VEG: VEG KABAB PARATHA NON-VEG: CHICKEN BIRYANI
SICK DIET	Milk, Horlicks / Bourn Vita / Coffee) / Tea / Dalia /Banana (4 Pcs.)	KHICHDI, ARHAR DAL, CURD, BOILED SABJI	KHICHDI, ARHAR DAL, 200ml milk/Curd, BOILED SABJI

NOTE: - SAME COLOR-CODED ITEMS COME UNDER THE SAME CATEGORY OF CONSUMABLES.  
Alternate- (100gm Raw Paneer) / Curd / Milk+4banana (available seasonal fruit)/ 3Banana +3egg) / (Mango shake+ 1banana)/(Banana shake curd/2egg  
Note: - One-day Prior to booking.

MESS SECRETARY