

MESS MENU

Days	Breakfast	Lunch	Tea & Snacks	Dinner
Monday	Bread butter, Dalia, Tea Milk And Coffee	Rajma, Seasonal vegetables, Curd (1 Katori), Rice and Chapati	Noodle, Sauce, Tea	Mix Dal {moongi+masur}dal, seasonal veg, salad and Gulab Jamun (1 Pc)
Tuesday	Poha'black chana, tea, milk and coffee	Arhar dal, aloo beans, salad, rice and chapati	Bhakar Khani (1 Pc. + rusk	Dal Makhani, Seasonal Vegetables, Rice, Chapati and Salad
Wednesday	Methi prantha + nutria tea, milk and coffee	Kadi Pakora, Seasonal vegetables with Green Chutney, Rice, Chapati and Salad	Veg-soup, sprouts/Tea	Palak {paneer/kabuli chana / matar paneer/chilli paneer, Masoor dal, banana {1}
Thursday	Puri {plain/palak/tomato} + Aloo Sabzi, Tea, Milk and Coffee	Black chana, aloo chokha, curd, rice and chapati	Tea and macroni	Mix vegetable, Dhuli moong dal, chapati, salad, butter roti
Friday	Chana masala, prantha, tea, milk and coffee	Chana dal, seasonal veg, ambal, salad, rice and chapati	Tea & fan {1}	Rajma, seasonal veg, rice, chapati, Salad, Phirni/kheer
Saturday	Cholay Bhatura with lassi / milk, Tea	Khichdi, seasonal veg, curd, papad, rice and chapati	Mix Pakora with Tomato Sauce and Tea	Tomato paneer, Arhar dal, rice, chapati, salad and kheer/sevai {alternate 15 days}
Sunday	Prantha {aloo+pyaj} with curd and Butter {1 piece), Tea	Palao, White Chana, Curd and Chapati	Samosa white mater, curd	Maa-chana, seasonal veg, rice, chapati, Jalebi and salad