

Day	Breakfast	Lunch	Dinner
Daily (Compulsory)	Sprouted Chana&Moong Bread&Butter/Jam OR Boiled eggs&Fruit(Banana/Papaya) Milk(200ml) withCoffee/ Bourn Vita/Horlicks Cornflakes OR Ready Tea	Roti,Rice,Salad,Sambhar, Sela Rice	Roti,Rice,Salad,Sambhar, Sela Rice
Monday	Pav Bhaji	Patta Gobi Matar,Chana dal,Tehri, Veg Raita/Curd/Butter	Aloo Tomato , Malka Masoor ,Fish Curry(Ext.),Fried Papad
Tuesday	Idli or Uttapam & Sambar & Chutney	Aloo Gobi Matar,Arhar Dal + Palak,Curd Rice/Curd /Butter	Aloo Tomato Soyabeen, Puri,Rajma,Sweet(Ext),Pickle
Wednesday	Aloo Paratha,Dahi or butter,Mango Pickle	Kala Chana , Arhar Dal,Kadi Pakoda/Curd /Butter	Chilli Paneer,Zeera Rice,Chana Dal,Fish Cury(Ext.),Pickle
Thursday	Halwa,Chana	Chole(White),Masoor Dal,Taheri,Raita(Boondi/Bathuva)/ Curd/Butter	Patta Gobi Matar/Aloo Gajar, Arhar Dal,Chicken Briyani(Ext.) Kheer(Rice),Pickle
Friday	Puri, Aloo Sabji, Pickle	Aloo Tomato/aloo gobhi matar,Arhar Dal,Curd /Butter	Shahi Paneer, Arhar Dal Dal,Naan/Tandoori Roti,Finger chips,Gulab Jamun/Rasgulla,Pulao/Fried Rice
Saturday	Dosa,Sambar,Chutniey	Kaddu,Arhar Dal ,Curd Rice/Curd /Butter ,Egg Curry(Ext.)	Veg Briyani,Bhaigan Bharta/Chhole Bhature,Chana Dal, Mutton Curry(Ext.), Rasmalai(Ext.)
Sunday	Poha Imli,Chutniey,Dahi Jalebi	Aloo Pyaz & Dal paratha,Aloo Matar,Arhar Dal,Red Chilly pickel, Pudina Raita/Curd /Butter Chutniey	Mix Veg.,Arhar dal+ Palak, Lemon Rice,Roasted papad Chicken Curry (Ext)

Note: In lunch half Butter can be taken in lieu of Curd. Only on Sundays full butter is offered in lieu of curd.

Rates of the extra items as well as meal coupons would be decided jointly with Mess Committee and Wardens.

Menu items can be changed based on the availability and suggestions at any time.

Regards,
Ranjan Goyal,
Chairman Mess Committee