

HALL- 4 MESS MENU

DAY	BREAK FAST	LUNCH	DINNER
Daily	1. Sprouted grains 2. Milk with coffee/ Bournvita/ Horlicks (1 spoon or Cornflakes or Tea or Dalia) 3. 4-Bananas or 2- Eggs with bread or Butter/Jam with Bread or (seasonal) Fruit or Hot served food mentioned below	Chapatti (Plain, Buttered), Sāmbhar, Pickle, Sela Rice, Salad (Onion, Green chili, Lemon 4 pieces) Extra: Egg Preparation, Dal or Veg Fry	Chapatti (Plain, Buttered), Rasam, Pickle, Sela rice, Salad (Onion, Green chili, Lemon -4 pieces) Extra: Egg preparation, Boiled egg, Dal or Veg Fry
Monday	Puri, Aloo Tamato sabji	Sabut Masoor dal, Aloo palak dry (Alt), Curd/ kadhi/ Butter Extra- Butter chicken/ Paneer bhujiya	Lubhiya aloo, Arhar Dal, Extra: Fish curry, Imarati/ Rabadi (alt)
Tuesday	Vada, idli, Sāmbhar, Coconut chutney	Aloo Parwal(Gravi), Tehri, chana dal. Lauki raita/ Curd/ Butter Extra- Tawa sabji(Bhindi, Stuffed Karela, Arbi)	Palak paneer/ Navratan korma (Alt), Moong dal, Plain Paratha, veg biryani Extra – chaina sandwich
Wednesday	Aloo Paratha , Curd or Butter, Mango Pickle, Green Chutney	Bhindi aloo fry, Matar dal, fried papad. Curd/ Butter/ Bundi raita Extra – chicken masala	Aloo Tamatar, Malkamasoor dal, Jeera Puri & Kachauri , Kheer/ Simayia(Alt.) Extra –Chicken tandoori/ Paneer bhujiya
Thursday	Uttapam, Sāmbhar, Chutney	Kunduru aloo/ Aloo dum (Alt), rajma, Lemon rice. Curd/ Butter Extra: Mutton biryani	Kulcha/Bhatura (Alt), White Chhola tamatar, Arahar dal Extra- Mustard oil fish/Fish curry(Alt), Rasmalai
Friday	Halwa chana/ Pav bhaji (Alt)	Lauki chana sabzi, Malka masoor dal. Butter/Curd rice/ Curd. Extra- chicken kalimirch/ Tawa sabji(Stuffed- Baigan, Tamatar & Bhindi)	Paneer dish (Sahi paneer/ butter masala), Moong Dal, Finger Chips, Maida Naan+Tandoori roti, Veg Pulao, Gulab Jamun
Saturday	Masala Dosa, Sāmbhar , Coconut Chutney	Baigan sabzi, khichdi, Ghee, Arahar dal Frymes. Curd/ Butter Extra: Egg Curry, Chilli paneer	Sada paratha, Matha aloo + Kala chana tamato aloo sabji, sabut masoor dal Extra- mutton curry, Fruit Custard
Sunday	Poha, Jalebi, Imli-Chutney, Curd	Aloo Matar tomato, sabut moong dal, Aloo Paratha, Pyaj Paratha, Jaggery, green chutney, Ice-cream Veg raita/ Curd/ Butter Extra: chicken curry	Taroi aloo, Palak Urad dal Extra- Chicken Biryani, Moong Dal Halwa/ meva ke pede (Alt)

1. With hot prepared breakfast option- one can take extra 5 bread pieces with 1 egg coupon (Rs. 5)
2. On Sunday, poha in breakfast can be replaced with bread
3. One can take extra bananas at the rate of – 3 bananas per 2 egg coupons (Rs.10) 1 egg coupon will not work
4. Dal fry or veg fry (from day based menu) can be made/ordered with 1 egg coupon (Rs.5)
5. Packing of food is not allowed, kindly cooperate.