

AUGUST MENU - HALL 4 MESS

	Sprouts (boiled chana+ moong), sprouts masala chaat, Tea, 2eggs/ 2 Banana/ Full Milk with Bournvita/Horlicks/ Coffee), 1Egg/1 Banana with Half Milk , (Chocos/Cornflakes), Bread, Butter/ (Jam/peanut butter(1 spoon)), New Breakfast extra: Namak Mirch Paratha ,Ajwain Paratha	Chapati (Plain, Buttered), Pickle, Plain Rice, Salad, Lemon, Rasam, [(Curd+1Fruit) OR 2 fruits], Curd/ Curd Rice, Extra: Bhutta on Available		Chapati (Plain, Buttered), Pickle, Plain Rice, Salad, Gur	
DAY	BREAKFAST	LUNCH	EXTRA	DINNER	EXTRA
Monday	paneer bhurji/ egg bhurji , Roti	Rajma , Aloo Shimla, Nimbu Paani	Masala Pav, Chicken Stew	Arbi/Raw Kela Sabzi, Mix dal	Aloo Posto , Mutton Biryani (Salan)
Tuesday	Masala Idli (5,19) / Fried idli (12,26), Vada (max 3), Idli, Sambar, Nariyal chutney, Imli chutney	Jeera Lauki, Dal Makhani, Buttermilk	Chilli Chicken , Papdi Chat	Mix Veg sabzi, Malka Masoor dal	Mushroom Curry, Fish Curry
Wednesday	Besan Chilla/ Uttapam	Kadhi Pakoda/Boondi Kadhi, Aloo Jeera, Black Masoor Dal, Buttermilk	Shukto, Roasted Chicken	Paneer Lababdar/ Handi Paneer,Ghee Tadka Dal. Green peas Pulao, Garlic Naan/ Missi roti. Gulab Jamun/ Rasgulla. Butter Chicken/Kalimirch Chicken	-
Thursday	Ghugni/ Kala chana,Puri, Halwa	Kathal/ Kaddu, Mix veg moong Dal, Nimbu Paani	Arbi Patte ki Sabzi,Ghee Roast Chicken	Dosa, Sambhar ;; Kerela Sabzi, Roti, Chawal	Paneer Tikka, Chicken Chowmein
Friday	Pav Bhaji/ Vermicelli	(8,22) Pindi Chola,Kulcha (15,29) Dam Aloo, Chana daal, Curd/Curd rice, Buttermilk	Paneer do pyaza, Fish Tikka	Aloo Bhindi, Aarahar Dal, Tamarind rice, Fruit Custard/ Sewai Kheer	Paneer Momo, Chicken Lollipop
Saturday	Dosa(plain/masala/onion), Sambar, Nariyal chutney	Aloo, Dal, Mix Paratha. Chana Sabzi	Litti Chokha/ Dal, Aloo Posto	Aloo Soyabean /Guar Phali Alternate, Moong Dal, Tehri, Papad	Chicken Fried Rice, Pani-puri
Sunday	Poha, Aloo Bonda(1 piece), Fry Chilli, Bhujiya Sev, Jalebi, Dahi	Aloo Beans, Aarahar Dal, Veg Fried Rice, Nimbu Paani	Veg Chowmein, Dahi Fish curry	Sahi Paneer/ Kadhai Paneer, Navratan Dal.Tandoori roti, French fries/Aloo Pyaaz Pakode, Chicken Kassa/ Handi Chicken. Sweets	-
Alternate	(2eggs/2 banana+200 ml milk) Or 4 banana Or 4 eggs Or (300 ml milk+1 banana/ 1 egg)	2 Seasonal fruits + 200 gm Curd/ 200ml milk		[2banana+200 ml milk] Or [3 banana+100 ml milk] Or [1 banana+ 200ml Bournvita milk] Or 300ml milk Or [2 Boiled eggs+200 ml milk]	

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