

APRIL-MESS MENU GH-1,

Days	Breakfast	Lunch	Dinner
Daily	Bread, Butter, Jam, Milk with Bournvita/Horlicks/Coffee / Egg OR Banana (2), Cornflakes, Daliya (Salted & Sweet), Sprouted Grains (Chana, Moong), Onion, Tomato, Chillies, Lemon, Pickles NOTE: Milk/TEA and Eggs are Optional.1/2 Glass Milk + 1 Egg/1 Banana OR 1 Glass Milk OR 2 Eggs OR 2 Bananas/.200ML TEA+1PES BANANA/1 PEC EGG Bread, Butter, Jam, Milk with Bournvita/Horlicks/Coffee / Egg OR Banana (2), Cornflakes, Daliya (Salted & Sweet), Sprouted Grains (Chana, Moong), Onion, Tomato, Chillies, Lemon, Pickles NOTE: Milk/TEA and Eggs are Optional.1/2 Glass Milk + 1 Egg/1 Banana OR 1 Glass Milk OR 2 Eggs OR 2 Bananas/.200ML TEA+1PES BANANA/1 PEC EGG	Saadi Sabji, Saadi Dal, Plain Rice, Khichadi, Roti (Plain & Butter), Salad (Cucumber/ Beetroot, Lemon, Green Chilly), Pickles (Mixed / Chilly)	Khichadi, Saadi Sabji, Saadi Dal, Plain Rice, Roti (Plain & Buttered), Salad (Cucumber/ Beetroot/Mooli/Gajar, Lemon, Green Chilli) , Pickles (Mixed / Chilli),
Monday	(Sabudana Kichdi+Green Chutney)ALT(Vada Pav + Green Chutney) + Moong ,Boiled Moong ,chana ,Boiled chana	Kathal+ Kali Masoor Daal+Curd Rice+Curd/Fruit Curd Rice +lassi Extra: Sukto+ Hara Bhara Paneer	(Parval Fry) ALT (Aloo Parval Gravy) + Chana Dal Tadka Extra: Veg Noodles+ Chicken Momos
Tuesday	(Ghugni + plain puri+ ajwain Puri)/ (plain puri+ ajwain Puri + aloo tamatar) +Suji Halwa + Moong ,Boiled Moong, chana, Boiled Mungfali	Karela Bharwa/ Karela fry +arhar dal +Rice, Curd/Fruit+Dahi vada+ rasam+ chach Extra: Paneer Tikka + Jhol Fish	Mushroom Shimla Mix + Lobia dal Extra: Bhel purii+ Fish Fnger+Nariyal Ladoo
Wednesday	(Moong Dal Chilla+ Besan Chilla + Green Chutney) ALT(Rava Upma +peanut chutney)+ Moong, Boiled Moong , boiled chana	Pakodi Kadhi/Boond Kadhi+Onion rice+ Madrasi Aloo + Curd Rice + Curd/Fruit Extra+ nimbu paani: Samosa Chaat + Chicken Kabab	Veg Pulao+Arhar Dal Tadka+ Naan/Missi/Tandori Roti +Mumtaz Paneer/paneer butter masalaOR Chicken Kalimirch/Chicken lababdaar+Stuffed Vegetables+Rabri Imarti/Malai Chamcham
Thursday	(Stuffed Idli +Vada+ Sambar + Tomato+Coconut Chutney)ALT (uttapam+Sambar + Tomato+Coconut Chutney) Chocos, Moong ,Boiled Moong, chana, Boiled Mungfali	Lauki chana dal sabji+ Rajma + (Mint Rice/lemon Rice)+ Curd/Fruit + Curd Rice + BUTTER MILK Extra:Boiled Sweet Potato/Roasted Sweet Potato+ Chicken Cutlet	Mix Veg + Urad Dal +french fries Extra : Kalakand + Chicken Popcorn
Friday	(Plain Paratha+ Paneer/ egg bhurji) + Moong Boiled Moong , chana ,Boiled chana	Bhindi masala + Yellow moong dal +Jeera rice+Curd/Fruit+ Dahi Kabab + Rasam+ sattu drink Extra: Aloo Posto + Dahi Fish	Chana masala + Stuffed Kulcha / Laccha Paratha + Makhana Keer Extra: (Sweet corn) ALT (Crispy corn)+ Mutton curry
Saturday	Dosa (Masala/Onion/Plain)+Sabhar, Coconut Chutney,Tomato Chutney+ Moong, Boiled Moong ,chana ,Boiled Mungfali	(Paratha Panner(1 pc)+ Aloo+ Radish and Beetroot Paratha) + Dahi aloo + Curd/Fruit ,JALJEERA Extra: Sarso fish+ Rasmalai	Aloo Soyabean+ masala Khichdi+ArharTadka+ Sabudana Papad,Lauki Barfi Extra : Paneer Kathi roll+ Chicken roll +Litti Chokha
Sunday	Poha+Jalebi (Sabudana Vada alt samosa+Chutney) + Moong ,Boiled Moong, chana, Boiled chana	(Ghee paneer roast(alt) Matar Paneer+Veg Pulao or (Egg Biryani/Egg curry)+Chana dal+Fruits Custard/ICE-CREAM +Papad	Stuffed Dal Paratha + Pumpkin + Malka Masoor Dal +Veg Raita+Pani Poori/Aloo tikki Extra: Chicken Biryani

Mess utensils not allowed to be taken outside of the mess, you should bring your own utensils for taking food to your rooms.

Please prebook for non-veg extra items at least one day before. No entry required for veg extra items, they will be made in a fixed amount.

Veg and Plain maggie will be provided in lunch and dinner in extra

Aloo paratha will be provided in lunch and dinner in extra