

JUNE MENU [HALL - 4 MESS]

DAY	BREAKFAST	LUNCH	EXTRA	DINNER	EXTRA
Monday	Masala Idli , Idli, Vada (max 2), Sambar, Nariyal chutney, Tomato chutney	Chana-Karela, Dal palak, Dahi Vada (2 Pc)/ Curd + Fruit	Vada Pav	Aloo Beans, Lemon Rice, Dal makhni	Veg Chowmein, Chilli Chicken
Tuesday	Sandwich (vegetable / aloo) // Puri Chana + Sooji Halwa	Kadhi Pakoda / Boondi Kadhi, Jeera Aloo/ Madrasi Aloo, kali Massor Dal + Fruit + Nimbu pani	Masala Pav, Chicken Lollipop	Kathal + Dalma	Paneer Kathi Roll, Chicken Ghee Roast
Wednesday	Uttapam, Sambar, Nariyal chutney, Tomato chutney	Bhindi Bhujiya, Lal masoor dal, Roofaza, Fruit	Shukto, Fish Tikka	Paneer Butter Masala, Panchmel Daal, Crispy Corn + Basanti Pulao / Vegetable Pulao, Garlic Naan/ Missi Roti. Sweet. Butter Chicken / Chicken Kosha	
Thursday	Paneer bhurji/ egg bhurji , Roti // Paratha (Alternate Week)	Aloo- Parval, Moong Dal, Rasna, Fruit	Litti Chokha, Lemon Garlic Fish Curry	Lubiya, Aloo Pyaz sabzi, Jeera Rice	Pani Puri, Mutton Kosha
Friday	Besan & Moong dal chilla, Peanut chutney	Pindi Chola Kulcha // Chola Bhatura + Chana Dal + Fruit + Buttermilk/ Curd	Maalpua	Arbi sabji, Tehri, Urad dal	Paneer Biryani, Chicken Biryani, Salan
Saturday	Dosa (Plain/ Masala/ Onion), Sambar, Nariyal Chutney	Dum Aloo, Veg Biryani, Arhar Dal + Nimbu Pani, Fruit, Curd/ boondi Raita	Dahi Papdi Chat , Chicken Roll	Aloo chokha, Baingan bharta, Rajma	Paneer Tikka, Peda
Sunday	Poha, Bhujiya sev, Jalebi, Curd	Soyabean masala, fried rice, arhar daal, Fruit, Aam Panna	Kothimbir Vadi , Mustard Fish curry	Tawa Paneer // Handi Paneer + Tandoori Roti, Tadka Dal, Roti, Matar Pulao,Veg Cutlet (2 PC), Sweet, Chicken Chettinad/ Chicken Lababdar	
	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))	Capati (Plain/Buttered), Pickle, Plain rice, Salad, Lemon, Rasam, [(Curd+1Fruit) or 2 Fruits], Curd/ Curd Rice Lunch Alternative: 2 Seasonal fruits + 200 gm Curd/ 200ml milk	Capati (Plain/Buttered), Pickle, Plain rice, Salad, Gur Dinner Alternative: 300ml plain milk, 200ml plain milk+ banana, 200ml plain milk+ 2 boiled eggs, 200ml bournvita milk+ 1 banana		
Pre-Book Veg or Non-Veg Extras at least one day in advance					
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