

(NEW TRIAL BASIS) MESS MENU (Hall of Residence-VIII, IIT Kanpur)

DAYS	BREAKFAST	LUNCH	DINNER
DAILY (COMPULSORY)	For the options in the breakfast, please look at the <i>Breakfast options</i> (Separate page)	ROTI (PLAIN & BUTTER), SAMBAR, BOILED RICE, SALAD, PLAIN DAL	ROTI(PLAIN & BUTTER), RASAM, SALAD, BOILED RICE, PLAIN DAL
MONDAY	DAL,ONION, ALOO-PARATHAS, TOMATO SAUCE, GREEN CHUTNEY, TOMATO CHUTNEY (B) / BEL JUICE	ALOO KARELA FRY, MUNG DAL, CURD-RICE / CURD / GREEN GRAPES / AAM PANNA EXTRA: EGG CURRY	RAZMA Or (TURAI POSTO / BHINDI POSTO), AAM MASOOR DAL EXTRA: MUTTON ROGAN JOSH, MUNG HALWA
TUESDAY	(PAV-BHAJI) / (UTTAPAM, SAMBAR, NARIYAL CHUTNEY) (B) / LASSI	SUKTO (Mix Veg Dal) / MASOOR DAL, ALOO JEERA FRY, CURD / WATER MELON / CHHANCH EXTRA: CHILLI HONEY POTATO	CHOLE BHATURE / [POORI(AATA & MAIDA), CHANA DAL (with Coconut Flakes)], ALOO TOMATO CURRY, TAMARIND RICE, <i>KHEER / SEWAI</i> EXTRA: BUTTER CHICKEN / CHICKEN MASALA , PANEER TIKKA
WEDNESDAY	IDLI, VADA (2 Pc.), SAMBAR, NARIYAL CHUTNEY, GARLIC CHUTNEY (B) / BEL JUICE	BHINDI FRY, ARHAR DAL, CURD / GREEN GRAPES / LASSI EXTRA: REHU KALIA CURRY, SHAHI TOAST	BRINJAL BHARTA ROASTED, MASOOR DAL FRY EXTRA: CHICKEN KALI MIRCH / CHICKEN DO PIYAZA, RASMALAI
THURSDAY	(BOMBAY SANDWICH, VEG SANDWICH) / (CHILLA) (B) / LASSI	CHILLI ALOO / LAUKI CHANA DAAL, KADHI PAKODI, CURD / WATER MELON / BEL JUICE EXTRA: ALOO CHICKEN CURRY	(PANEER BUTTER MASALA, PLAIN MAIDA NAAN) / (KADAI PANEER, STUFFED NAAN), TANDOORI ROTI, AATA NAAN, FRENCH FRIES, MATAR PULAO, MIX GREEN SALAD, <i>MIXED FRUIT RAITA / PINEAPPLE RAITA</i>
FRIDAY	POORI (AATA + MAIDA), ALOO MATAR (B) / BEL JUICE	SOYABEAN ALOO / ARBI DAHI GRAVY, MUNG DAL, CURD / GREEN GRAPES / LASSI EXTRA: DAHI KATLA CURRY	ALOO BARBATI, ARHAR DAL EXTRA: MUTTON DUM BIRYANI, VEG DUM BIRYANI, GULAB JAMUN
SATURDAY	MASALA DOSA, SAMBAR, NARIYAL CHUTNEY, TOMATO CHUTNEY (B) / LASSI	ALOO PARATHA, ONION PARATHA, ALOO PARWAL GRAVY/DAHI PARWAL, KANCHHA AAM KA CHUTNEY (Sweet & Sour), CURD / PAPAYA / AAM PANNA EXTRA: EGG BIRYANI, PANEER PARATHA	PULAV, KANCHHA KELA MALAI KOFTA EXTRA: CHICKEN KASHA, CHILLI MUSHROOM, PEDA / BARFI
SUNDAY	POHA RICE, DAHI, JALEBI (B) / THANDAI	METHI MALAI PANEER / CHILLI PANEER, MASOOR DAL, PAPAD (Roasted/Fried), CURD / WATER MELON EXTRA: PRAWN MALAI CURRY / VETKI PATURI, RASGULLA (white)	KASHMIRI ALOO DUM, PLAIN PARATHA, ONION RING, GREEN CHUTNEY, <i>KULFI / ICE CREAM</i> EXTRA: CHICKEN DUM BIRYANI

SICK DIET: KHICHADI, CURD, BAKED POTATO, ONION POTATO, BOILED POTATO, BOILED SUBJI, ROTI, MILK (200ML), BREAD.

ON EXTRA COUPON: 1. HALF-TEA, OMLETTE, FULL FRY, HALF FRY, EGG BHUJIYA, BOILED EGG ,EGG ALOO, EGG FRIED RICE, BREAD OMLETTE . (Egg counter)

2. FRIED RICE, JEERA RICE, FRIED POTATO, DCBM, TOMATO CURRY, BUTTER DAL FRY, DAL FRY, PANEER BHUJIYA. (Veg counter)

Please note that “/ ” INDICATES THAT THE ITEMS WILL BE SERVED IN ALTERNATIVE WEEKS.

Mess Secretary

Dipanjan Dey

BREAKFAST OPTIONS

COMMON:

- (A) Sprouts (Chana-normal & boiled, Moong)
- (B) (Milk, Horlicks / Bournvita / Coffee) / Tea / Dahlia / Banana (4 Pcs.) / Egg (2 Pcs.) / [Banana (2 Pcs.) + Egg (1 Pc.)]
- (C) Plain Bread

Regular Breakfast as per the menu / (Bread, Butter, Jam) / Cornflakes

Note: Options for Butter and Jam: (1 Slice Butter, 1 Spoon Jam) / 2 Slices Butter / 2 Spoon Jam

******LUNCH OPTIONS: PAANI BHAAT+ALOO CHOKHA (in option with normal lunch)******

MESS TIMINGS:-

- a. BREAKFAST – 7:30 AM TO 10:15 AM (SATURDAY & SUNDAY – 8:00AM TO 10:30AM)
- b. LUNCH – 12:30PM TO 2:30PM
- c. DINNER – 7:30PM TO 9:30PM

P.S.- Color code indications are as follows:

1. **Red**- Non-veg extras, 2. **Blue**- Sweet + Egg Extras, and 3. **Green**- Purely Veg Extras

Mess Secretary

Dipanjan Dey

DATE –