

Mess Menu May, 2013

DAYS	BREAKFAST	LUNCH	DINNER
DAILY COMPULSORY	Tea/Milk with coffee or Bournvita or cornflakes, Sprouted grains (Chana Moong), Bread with Butter/Jam	Plain Rice, Chapati (Plain and buttered), Sambhar, Pickle, Curd/Lassi/Raita/Fruits, Salad	Plain Rice, Chapati, Rassam, Pickle, Salad
Monday	puri, chana, halwa	aloo-soyabean, masoor dal, lassi	lauki sabzi, chana dal, jaljeera
Tuesday	upma	kathal, green moong dal, dahi	chilli paneer, (naan, missi, tandoori), stuffed veg, veg biriyani, sweet : moong halwa/ custard
Wednesday	uttapam, chatney, sambar	veg kofta, urad dal, boondi raita	Aloo parwal, black masoor daal, fryms EXTRA: Roasted Chicken
Thursday	paratha (aloo, dal), curd, tomato chutney	aloo-posto, kadhi, Dahi, Extra: Egg Curry	arhar daal, tinda, zeera rice EXTRA: Butter chicken
Friday	sandwich/pao-bhaji	bhindi, yellow moong dal, Dahi	chole bhature, zeera rice, Sweet: gulab zamun
Saturday	Dosa, sambhar, chatney	aloo-karela, rajma, dahi vada, Extra: Egg Curry	Aloo toroi, green moong EXTRA: Fish Curry
Sunday	poha/ bread bhujiya, jalebi with dahi	Paratha (aloo, pyaj, dal), veg fried rice, matar, papad, dahi	Arhar dal fry, lemon rice, aloo matar, finger chips Sweet: kheer/sewai, EXTRA: Chicken Biryani
On Extra Coupons	1. Omlette (Full fry, half fry), Egg Bhujiya, Boiled Egg 2. Fried Rice, Jeera rice,		

Butter :20gms Jam :20gms Milk :200ml Sweet Dish:150gms Curd/Raita :100gms

MESS SECRETARY
HALL - VI