


Dining Hall-1 Mess Menu (Sep to Oct -20)

Day	Breakfast(7:30am-9:15am)	Lunch(12:30pm-2:15pm)	Dinner(7:30pm-9:15pm)
Compulsory	Milk (200 ml), Cornflakes/Bournvita/Coffee/Tea, Butter, Jam Sprouts, Bread Slices, 2 Bananas (or 2eggs)	Plain Rice, Roti	Plain Rice, Roti
Monday	Aloo Onion (Mix) Paratha with Tomato Chutney	Masoor Daal, Mixed Veg <u>Fruit</u>	Mixed Daal Fry, Corn Masala <u>Sweet-Semai Kheer</u>
Tuesday	Idly with Coconut Chutney & Sambhar	Daal Fry, Capsicum Aloo Masala <u>Fruit</u>	Jeera Rice, Moong, Daal, Choley ki Sabji (with tomato & onion) <u>Sweet-Gulab Jamun (2)</u>
Wednesday	Puri with Matar ke Choley (Ghugni),	Rajma, Kaddup-Chana ki sabji (Khatti Meethi) <u>Fruit</u>	Masoor ki daal without Chilka, Paneer do pyaza/ <u>Semi dry Chichen</u>
Thursday	Poha (Hari Matar with Mungfali) and Jalebi with Chopped Onion and Lemon	Moong Daal, Lauki jeera <u>Fruit</u>	Veg Fried Rice, Khatti Daal, Soyabean Aloo Sabji (Dry)
Friday	Plain Paratha, Aloo Sabji	Mixed Daal, Mixed Veg <u>Fruit</u>	Daal Fry, Malali Kofta
Saturday	Pav Bhaji with Mixer	Daal Tadka, Kadhi/pyaz Bhindi <u>Fruit</u>	Yellow Chana Daal, Aloo Barbati Sabji
Sunday	Masala Dosa (max 2) with Sambhar and Coconut Chutney	Jeera Rice, Arhar Daal (Khatti) Paneer Punjabi/ <u>Chicken Curry</u>	Khichdi, Aloo-Jeera-tomato (Dry), (Pouch of Pickle) <u>Sweet-Rasgulla(1)</u>


Mess President


Mess Manager


Hostel Caretaker


Warden-In-Charge