

Dining Hall-1 Mess Menu (September -18)

| Day | Breakfast(7:15am-9:15am) | Lunch(12:30pm-2:30pm) | Dinner(7:15pm-9:00pm) |
|-------------------|---|--|---|
| Compulsory | Milk(200ml),Cornflakes/Bournvita/Coffee/Tea Bread,Butter/Jam 2 Egg+ 4 bread slices, 2 Bananas+4 bread Slices Hot Food Mentioned Below Tomato Sauce+Chana+Moong | Plain Rice, Chappati, Salad(Kheera+Onion+Tomato), Achar, Lemon | Plain Rice, Chappati, Salad(Kheera+Onion+Tomato), Hari Chutney with Pudina, Lemon |
| Monday | Aloo Paratha+Tamatar Chutney | Aloo Parmal, dal makhani, Fryums, Curd Fruits-Mixed Fruits | Egg Curry/ Paneer Bhurji, Masoor Dal Sweet-Gulab Jamun (2 Pc) |
| Tuesday | Idly With Coconut Chutney+Sambar | Bhindi Onion Fry, Moong without Chilka, Chanch, Fryms | Aloo Methi ,Arhar Dal Sweet-Semai Kheer |
| Wednesday | Puri + Matar Ghugni | Tori-Onion Sabji, Rajma, Curd, Papad Fruits-Mixed Fruit | Chilli Chicken/ Corn Masala, Mix Dal |
| Thursday | Poha(Hari Matar+ Mungfali) and Jalebi+Chopped Onions+Lemon Omlette instead of Boiled Egg | Aloo Soyabean, Moong Dal,Curd | Gatte Ka Sabji, Veg Biriyani, Masoor dal without chilka, Sweet -Chawal Kheer |
| Friday | Upma+ Coconut Chutney | Aloo Jeera, Masoor without Chilka, Papad , Lassi, <u>Fruits-Papita</u> | Chicken Curry, Matar Paneer, Moong Dal, <u>Sweet-Sooji Halwa</u> |
| Saturday | Plain Paratha+ Aloo Sabji | Kadhi Pakora, Lobia, Sev Tamatar/ Scallion Sabji, Mixed Salad(Onions+Kheera+tomato),Curd | Chole Bhature, Tadka Dal |
| Sunday | Masala Dosa(Max 2) With Sambar and Chutney | Chicken Masala/ Veg Manchurian, Dal, Mix Veg, Raita | Aloo Barbati, Arhar Dal <u>Sweet-Icecream</u> |

ADem.
Mess President

[Signature]
Mess Manager
Mess Catering Service
IISER MESS-1, BHOPAL

[Signature]
Hostel Caretaker

[Signature]
Warden-In-Charge