

MESS-2 MENU

DAY	BREAKFAST (6.45 am-8.45am) (tentative)	LUNCH (12noon-2pm) (tentative)	DINNER (7.30 pm -9.30 pm)
DAILY COMPULSORY	Milk, Tea, Cornflakes, Sprouts, Bournvita, Coffee, Bread, Butter, Jam, 2 eggs/2bananas, ketchup	Roti, Achar, lemon, green chilly, Salad, Fryums/Papad	Roti, Achar, lemon, Green chilly, Green chutney (Dhaniya+pudina+lahsun)/ tomato chutney, Salad
MONDAY	Pav bhaji	Mix veg, Udad chana dal, Dahi/Raita	Vegpulaao, Shahi paneer, arhardaal OR Khichadi, Dahi
TUESDAY	Puri with aloo curry	Plain rice, Kadhi pakoda, chana masala, sambar, seasonal fruit	Plain rice, Methi matar malai, Masoordal S: Icecream
WEDNESDAY	Fried Idli and normal idli, Sambar, Coconut Chutney	Plain rice, Chana daal, soyabean curry, dahi	Jeera rice, Matar paneer/Chicken curry, Moongdaal OR Veg Biryani, Chicken biryani /Paneer butter masala, Moongdaal
THURSDAY	Veg Mix./Paneer Paratha ,tomato chutney	Plain rice, Gobhi methi , Lauki chana, dahi	Plainrice, Chanadaal, Malai kofta S: Coconut Barfi/Gajar Halwa
FRIDAY	Poha, jalebi, sev, chopped onion and tomato	Plainrice, Rajma, Besangatta ,sambar, butter milk	Plain rice ,Egg curry/Kadai paneer, Arhardaal
SATURDAY	Aloo paratha , tomato chutney	Plain rice, Patta gobhi tamatar aloo sabji, Chana daal, Dahi	Lemon rice, Kadai veg curry, Daalmakhani, S: Ladoo
SUNDAY	Masala dosa, Sambar, Coconut Chutney	Vegetable pulao, Chole Bhatore/puri, Tuardaal, veg raita, kachumbar salad	Friedrice, Paratha, Pumpkin curry, Chanadaal S: Gulab jamun

Parvath
2-11/19
President

Reddy
Warden-in-charge

Ajay
20/11/19
for, Mess contractor