

IISER BHOPAL

Mess-2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Paneer paratha + tomato curry	Purisabji (aloo+chana)	Idli + sambar, coconut chutney / Fried Idli	Poha+ jalebi+ chopped onions + chopped tomato + lemons	Uttappam + sambhar, coconut chutney	aloo paratha + tomato curry	Masala Dosa + sambhar, coconut chutney
bread, jam, butter, [eggs/ bananas], milk, sprouts(Desi Chana + Moong + Peanuts), cornflakes, ketchup , bournvita , coffee, tea							
Lunch	Mixed veg (carrot+ capsicum+ onion+ potato+ cauliflower+ peas), Arharimlidaal, roti, rice, dahi	KadhiPakoda, chana, roti, rice,fruit (banana/orange/ watermelon/ papaya/pear)	DaalMethi, Lauki- chanaDaal, roti, sabji, buttermilk	Aloo - gobi (cauliflower), Sabut Moong Daal, Roti, Rice, fruit banana/orange/ watermelon/ papaya/pear)	Rajma, Seasonal veggie: Capsicum, carrot+onion+peas, roti, rice, Dahi	MasoorDaal, Loki Kofta, Sambhar, roti, Rice, Dahi	Puri / Bhature, Chole , Veg Pulao, veg raita (onion, cucumber, tomato)
fryums, Salad (cucumber, onion, carrot, raddish, beetroot)							
Dinner	BaiganBharta, MasoorDaal, roti, Rice, Icecream [Kesar Pista, Chocolate Flavored, Butterscotch, Vanilla] with chocolate sauce	Matar Paneer / Paneerbhurji Roti, Pulao, Moong daal	Aloo chole , Roti, Rice, Gulabjamun Arhardaal	MalaiKofta ,amritsaridaal (udad+chana), roti, rice, Lauki ka halwa	Egg curry / Kadhai paneer, ArharDaal, Roti, Rice	Parwal /Matar Masala, Daalmakhani, Roti, Rice, Kesar Kheer	Aloo+soyabean/ aloo jeera, Moong daal, Roti, Rice,
Salad (cucumber, onion, carrot, reddish, beetroot), green (pudina+coriander+garlic) chutney, Fried Green chilly							

Days for Non-veg: - Monday (fish), Wednesday and Saturday(Chicken)

On payment basis: - Egg Bhurji (20 rupees), Omellete (20 rupees), Fish (40 rupees) and Chicken (40 rupees)

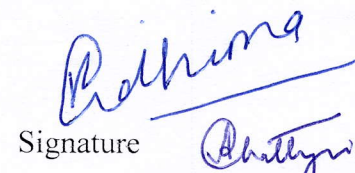

Signature

Mess President


Mess Contractor


Signature

Mess In Charge


Signature

Warden-In- Charge