

# IISER DINNING HALL -2 (MESS MENU) SEPTEMBER 2021

DAY	Breakfast ( 7:30 AM to 9:30 AM)	Lunch (12:30 PM to 2:30 PM)	Dinner( 7:30 PM to 9: 30 PM)
COMMON AND COMPULSORY	Milk (200 ml.), Cornflakes, Bournvita/ Coffee Tea, Butter, Jam, Sprout, Bread Slice ( Brown, White), 2 Banana or 2 Eggs, Ketchup	Roti with Butter, Plain Rice, Lemon, Salad (Onion/ Tomato, Carrot, Cucumber Mixed pickle	Roti with Butter, Plain Rice, Lemon, Salad (Onion/Tomato, Carrot, Cucumber) Mixed pickle, Green Chatni with Pudhina/ Groundnut Chutney
Monday	Gobhi Aloo Paratha With Chutney (Alternative Days)	Mixed Veg.(Toamato, Capsicum, Onion, Beans, Carrot, Paneer, Cabbage, Cauliflower, Less Potato)	Mixed Dal Fry, Moon Dal Halwa, Paneer Bhurji/ Matar Paneer(With Peas and Onion) Alternative Days, Egg Curry(2 Pcs)
Tuesday	Idli (Fried& Normal) with Coconut Chutney and Sambar	Lauki Ke Kofte, Fried, Moong Dal, Papad, Fruit Chaat/ Fruit Raita (Alternative Days)	Pulav, Gobi Mattar, Toor Dal, 2 Gulabjamun
Wednesday	Puri with Aloo sabji, Chopped Onion	Rajma , Cabbage, Thesa Chutney, Fryums, Lassi	Jeera Rice, Arhar Dal, Paneer Do Pyaza/ Chilli Paneer (Alternative Days), Chilli Chicken Rasgula (1 Pcs)
Thursday	Poocha Hari Matar, Moongfali), Jalabee, Chopped Onion and Lemon	Curry with Pakora, Sambhar, Seasonal Sabji, Fryums, Fruit Chat	Munchurian (3 Pcs), Schezwan Rice, Dal Tadka
Friday	Parath (Paneer/ Maithi) Alternative days with Hari Chutney, 2 Egg omlette instead of Boiled Egg)	Yellow Chana Dal, Seasonal Sabji, Sambar, Curd	Veg Briyani (vegie's include Paneer, with Raita Paneer), Chicken Briyani with Raita
Saturday	Pav- Bhaji with Mixture/ Veg. cutlet (4 Pcs	Moong Dal( with Peel & without Peels), Masala Bhindi, Papad, Butter Milk	Seasonal Sabji, Toor Dal , Sevai Kheer
Sunday	Dosa ( Max. 2), Sambar, Coconut Chutney	Chola Bhatura, Jeera Rice, Boondi Raita, Kachumar Salad	Khichdi, Sev Tamatar, Coconut Burfi/ Besan Ladoo Alternative days

**M/S I S OBEROI**

*Zeal Oberoi*  
PROPRIETOR

Mess Contractor

Mess-2

*Ashank*  
Mess President

Mess-2

*[Signature]*  
Mess Caretaker

Mess-2

*Vineet Kumar*  
Warden in Charge

Mess-2