

**DINNING HALL -3**  
**MESS MENU: 10-10-2018**

Day	Breakfast(7:15 AM to 9:15 AM)	Lunch(12:30 PM to 2:15PM)	Dinner(7:15 PM to 9:00 PM)
<b>Daily Compulsory</b>	Milk, Bread(white/brown), Jam, butter, Bournvita, coffee, tea, cornflakes, sugar. 2 Bananas/Eggs & sprouts	Chapati, plain rice, pickle, lemon, green chili, Pudina/dhaniya/red chutney Papad/fried papad/fryums (Onion+cucumber+ tomato)	Chapati, plain rice, pickle, lemon, green chili, Papad/fried papad Fried chilly with salt (onion+cucumber+ carrot)
<b>Monday</b>	Pav Bhaji (thick vegetable curry)	Lauki chana/ lauki kofta, Arhar dal (tadka), Curd,	Paneer bhurji/paneer do pyaza/Masoor Dal. Icecream with chocolate and Gulab jamun(2 pieces)
<b>Tuesday</b>	Paneer paratha with tomato curry, Sprouts	Seasonal Veg with thick gravy (Aaloo+parwal+matar)/, Sambhar & arhar dal, Butter milk	Baigan bharta/fried Aaloo baigan, chana dal, (onion+cucumber+tomato) Kheer/Sevai
<b>Wednesday</b>	Plain Puri / Methi puri, Aaloo sabzi	Kaddu +dhaba dal (with butter)/Karela +Kadhi pakoda , Curd, Fried papad	Aaloo soyabean/ soyabean chilli, Moong dal, Custard
<b>Thursday</b>	Uttapam / Plain Idli with Sambar Coconut chutney, Sprouts	MixVeg (aaloo+carrot+capsicum+gobhi+ Seasonal vegetable) Rajma, Fryums ,seasonal fruits)	Bhindi masala/ Deep fried bhindi, Daal Makhani, Gulab jamun,
<b>Friday</b>	Poha-Jalebi Onion-Tomato	Aalo Gobhi(fried), Chana dal, Curd	Paneer butter masala/ kadhai paneer/chillypaneer /egg curry Masoor dal Besan Barfi
<b>Saturday</b>	Mixed Paratha (aloo+onion+dhaniya) , Sprouts	Fried aloo with Green beans & gajar, Curd, Chana daal	Dry Aaloo-palak/dry Aaloo methi, Arhar daal with tadka Laddu (2 pieces)/gajar / lauki / moong halwa
<b>Sunday</b>	Masala dosa, Sambar, Coconut chutney	Chole-bhature/dal-puri, vegetable raita, mixed salad, Kashmiri pulao( full size Basmati rice )	Malai kofta Methi Chana dal (garlic tadka), Coconut Barfi

Chicken curry: Monday, Tuesday, Friday, Saturday, Sunday (**Lunch**),

Chicken Biryani/ Chicken Curry: Wednesday. (Rs.40). Egg Bhurji/Omelette /Veg fried rice/egg fried rice/ Maggie: Rs 20



(1) Mess Contractor

*Abhinav*  
(2) Mess President

*Devi*  
(3) Hostel caretaker

(4) Hostel warden

*Dr. A. K. ...*