

MESS-4 MESS MENU

Date 13/12/18

DAY	BREAKFAST(7.15 am to 9.15 am)	LUNCH (12.30 pm to 2.30 pm)	DINNER (7.15 pm to 9.15 pm)
Daily Compulsory	Milk, Tea, Cornflakes, Sprouts, Bournvita, Coffee, Brown Bread, Butter, Jam, Sprouts, 2 eggs/2 bananas	Roti, Achar, lemon, green chilly, Salad, Fryums/Papad	Roti, Achar, lemon, Green chilly, Green chutney (Dhaniya+pudina+lahsun), Salad
Monday	Aloo paratha with red tomato curry, Ketchup	Jeera rice, Chana Dal, Kadhai Veg., Curd, Fryums	Plain rice, Moong dal, Soyabean, S:- Ice cream (Pista, Strawberry, Vanilla, Chocolate)
Tuesday	Fried Idli, Sambar, Coconut Chutney	Plain Rice, Dal Makhani, Desi chana, Raita, Papad	Vegetable pulao, Chana Dal, Kadhai paneer
Wednesday	Poori with Aloo curry	Plain rice, Toor dal, Lauki chana/Lauki kofta, Papad, Curd	Plain rice, Rajma, Gobhi Matar fry, S: Moong ka halwa
Thursday	Mix veg. Paratha/Paneer paratha with red tomato chutney and Ketchup	Plain rice, Maah ki dal, Mix Veg., seasonal fruit, Fryums	Plain rice, Mix-Dal Fry, Chhole, Roti, S: Gulab Jamun
Friday	Poha, Jalebi and Sev, Onion and Lemon	Plain rice, Sambar, Aloo matar, Papad, seasonal fruit	Jeera rice, Moong dal (yellow), Fried egg curry & Paneer Butter Masala/Shahi Paneer
Saturday	Uttapam with Sambar, Coconut chutney	Plain Rice, Aloo methi, Masoor Dal, Curd, Fryums	Fried rice, Chana dal, Veg. Hyderabad, S: Sewaiyan Kheer
Sunday	Dosa with Sambar and Coconut chutney	Vegetable pulao, Chole Bhature, Boondi raita, Papad, Chopped salad	Plain rice, Yellow moong+Masoor dal, Aloo palak, S:Fruit Custard/ Kheer

**Chicken to be served twice a week on Wednesday and Sunday on a payment of Rs 50.

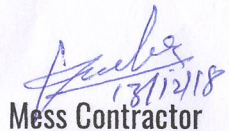
**Egg bhurji and omlette to be served on a payment of Rs 20.



President



Warden-in-charge



Mess Contractor

For Gauri Catering Services

Proprietor