17/09/2026

Mess Menu - Mess 3 & Mess 4 (Veg Mess)

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)
Compulsory item	Milk (200 ml), Cornflakes, Bournvita, Coffee, Tea, Butter (Solid), Jam, Ketchup, Sprouts (Moong/Chana/Other) Bread slices (brown and white) 2 Bananas	Roti (Chapati), Rice, Pickle, Butter(Solid), Salad [atleast 3] (onion, tomato, carrot, cucumber, beetroot, cabbage and radish), green chilli, lemon,Papad salt (Table, Black)	Roti (Chapati), Rice, Pickle, Butter (Solid), Salad [atleast 3] (onion, tomato, carrot, cucumber, beetroot, cabbage and radish), green chilli, lemon, salt (Table, Black),papad
Monday	Mixed Parantha with tomato chutney	Masoor Daal, Kala chana masala Curd (1 Katori or 150gm) **Any fruit (Seasonal)**	Mix dal, Paneer do pyaza/tofu Jeera rice, Donuts/soyamilk
Tuesday	Idli (simple and fried) with Sambhar and Coconut Chutney	Daal Makhani, MixVeg (<20% aalo) Sweet Lassi (150-200 ml) **Any fruit (Seasonal)**	Toor dal tadka, Soybean masala Jeera Rice Dahi vada
Wednesday	Veg sandwich/Aloo masala sandwich with green chutney	Rajma, Aalu Shimla Mirch, Thesa Chutney, Curd (1 Katori or 150gm)	Fried Rice,Chilli paneer Moong dal/suji halwa
Thursday	Medhu Vada/uttapam	Pumpkin sabzi, Kadhi-Pakoda **Any fruit (Seasonal)**	Puri and Ghugni Dal tadka, Jeera rice rice kheer
Friday	Moong dal chilla/Masala parantha	Dal (Khadi masur)fry Tadka, Lauki Chana dal, Thesa chatni Nimbu Pani(150 ml)	Arhar dal, Paneer Bhurji/Matar paneer, **Ice cream/soy milk**
Saturday	Poha + jalebi With chopped onion, tomato And Sev	Chole kulcha/Bhature, + Boondi Raita Green Chutney Boondi Raita (150-200 ml)	Mix Dal tadka,Kashmiri Matar pulao Methu mali matar,Raita Pastry/Brownie
Sunday	Masala Dosa Sambhar and coconut chutney **(8:00 am to 10:00 Am)**	**Dal Bafle with garlic chutney+Green baigan+Buttermilk+ kachumar salad** **(1:00 pm to 3:00 pm)**	Aloo Bhujiya Veg Pulao (Basmati rice) Daal tadka, Besan barfi

Mess Manager

Mess President

Mess Caretaker

17.09.2026
Warden In-charge