

23/10/2023

Menu for Mess-6 (Ground Floor)
(w.e.f. 23/10/2023 onwards), IISER Bhopal

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	Bread, Butter, Jam, Sprouts, Egg, Banana, Milk, Tea/Coffee, Bournvita, Ketchup, Corn Flakes	Rice, Chapati (Butter & Plain), Salad, Papad/Fryums, Pickle, Lemon	Rice, Chapati (Butter & Plain), Salad, Pickle, Lemon
Monday	Aloo Paratha, DAHI , Tomato chutney, Pickle	Gobhi masala, Rajma, Toor dal, Fruits	Mix Veg, Dal Tadka, Rice
Tuesday	Idli(Fried/Plain)/Vada (alternatively), Sambar , Coconut chutney	Desi chana Masala/ Lauki Kofta , Dhulimoong daal, Dahi/Fruits	Seasonal Veg, Mix Dal, Gulab Jamun
Wednesday	Pyaaaz/Paneer paratha, red chutney, pickle	Baigan Masala/Bharta, Chana dal, Dahi/Fruits	Egg Curry, Paneer Bhurji, Dal Makhni, Moong dal halwa
Thursday	Vada Pav, Hari chutney, Sauce	Malai Kofta, Moongdal chilka, Lassi	Veg Biryani, Dum Aloo, Mix dal, Milkcake
Friday	Aloo puri, Suji ka halwa	Seasonal Veg, Masoor dal, Dahi/Fruits	Chicken Masala, Matar Paneer, Toor dal, Fruit Custard
Saturday	Poha jalebi, chopped onions, tomatoes and sev	Aloo matar tamatar, Mix Dal, Dahi/Fruits	Masala Rice, Besan Gatta, Tuhar Dal, Kheer (dry fruits)
Sunday	Masala Dosa/Uttapam, Coconut chutney, sambhar	Chole Bhature, Jeera rice, Butter milk, Mix salad	Chicken Biryani, Veg biryani, Chola Paneer, Mint raita, Toor dal, Ice cream

NOTE

- (1) Friday Breakfast timings - 7:00 A.M. - 9:00 A.M
- (2) Sunday Breakfast timing - 8:00 A.M - 10:00 A.M.
- (3) Sunday Lunch timing - 01:00 P.M. - 03:00 P.M.
- (4) Khichdi to be provided in lieu of the regular meals for sick residents by mess.
- (5) Suggested minimum quantity of paneer/chicken to be served approx. 40 gms per student as per menu.
- (6) Extra Add on - 1. Paneer Bhurji - 40 /-, 2. Egg Bhurji - 25/- (2 Eggs), 3. Omelette - 25/- (2 Eggs), 4. Fried Rice/Masala Rice - 30/-, 5. Egg Fried Rice - 50/- (2 Eggs) [These will be available everyday in lunch and dinner both on paid basis.]
- (7) The committee requests the students to please take either 2 bananas or 2 eggs or 1 banana + 1 egg.

Mess Co-ordinator

Mess President (Ground Floor)

Harshib



Warden Incharge

[Signature]

Mess Caretaker

[Signature]