

MESS MENU

TIME & DAY	BREAK FAST 07:30 AM TO 09:30 AM	LUNCH 12:30 PM TO 02:30 PM	EVENING TEA 06:00 TO 07:00 PM	DINNER 08:30 TO 09:30 PM
MONDAY	Bread (4 P) + Butter/Jam + Banana (2 P)	Rice + Chapati + Dal + Salad + Chicken / Mushroom	Tea + Biscuits	Rice + Roti + Dal + Salad + Sabji
TUESDAY	Apple (1P 100g approx) + Banana (2P) + Chana (100g)	Rice + Chapati + Dal + Salad + Bhujia + Sabji	Tea + Mixture	Rice + Roti + Salad + Rajama
WEDNESDAY	Kachauri + Sabji	Rice + Chapati + Dal + Salad + Paneer	Tea + Kurkure	Rice + Roti + Chutni + Dal + Seasonal Veg.
THURSDAY	Poha + Jalebi (2P)	Veg. Pulaw + Chapati + Salad + Tadka + Raita	Tea + Biscuits	Rice + Roti + Dal + Salad + Kofta + Sweet
FRIDAY	Bread (4 P) + Butter/Jam + Banana (2 P)	Rice + Chapati + Dal + Salad + Egg/Paneer	Tea + Mixture	Rice + Roti + Dal + Salad + Sabji + Kheer
SATURDAY	Idly (4P) + Sambhar	Rice + Chapati + Dal + Salad + Mix Veg.	Tea + Kurkure	Aloo Paatha + Chutni / Sauce
SUNDAY	Chhola Bhatara	Veg. Pulaw / Jeera Rice + Aloo Dum + Salad	Tea + Bread Pakora	Roti + Sabji + Sweet