

MESS MENU JUNE 2017

TIME	DISHES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Indian	Luchi Ghooghni	Idli Sambher Chutney	Chidwa Poha	Paratha Sabji	Sandwich Cutlet	Matar Paratha Curd Pickle	Uthapam /Dosa Sambher Chutney
	Bread	Brown/Milk	Brown/Milk	Brown/Milk	Brown/Milk	Brown/Milk	Brown/Milk	Brown/Milk
	Flakes	Chocos	Corn	Corn	Corn	Chocos	Corn	Veg. Oats
	Health Drinks	Bournvita	Boost	Horlicks	Bournvita	Boost	Choco Horlicks	
	Beverage	Milk	Milk	Milk	Milk	Milk	Milk	Tea
	Fruits	Apple	Banana	Watermelon	Apple	Papaya	Pears	Banana
Short Break	Juice/Snacks	Apple	Biscuit	Litchi	Chocolate	Mango	Biscuit	Cake
LUNCH	Salad	Sprouted Salad	Macaroni Salad	Sprouted Salad	Mixed Salad	Sprouted Salad	Green Salad	SPECIAL LUNCH
	Dry Veg	Barbatti Aloo	Aloo Matar	Bhindi Aloo	Jeera Aloo	Parwal Aloo Bhaji	Cabbage Carrot Beans	
	Green Veg	Boiled Veg.	Boiled Veg.	Boiled Veg.	Boiled Veg.	Boiled Veg.	Boiled Veg.	
	Curry Veg	Ghiya Kofta	Shahi Paneer	Chola Masala	Mixed Veg.	Rajma Masala	Nutrela Masala	
	Dal	Yellow Dal Fry	Yellow Dal Fry	Arhar Dal	Yellow Dal Fry	Yellow Dal Fry	Dal Fry	
	Rice	Plain Rice	Jeera Pulao	Plain Rice	Plain Rice	Plain Rice	Plain Rice	
	Bread	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	
Dessert/ Accompany	Shahi Tukda	Dahi Bhalla	Ice Cream	Curd	Ice Cream	Nariyal Laddu		
Snacks	Indian / Health Drink	Szechuan Noodles	Samosa	Aloo Bonda	Wai Wai/ Maggi	Dhokla	Aloo Tikki	Momo
	Accompany	Mango Juice	Jaljeera	Lime Water	Rooh Afza	Mango Juice	Litchi Juice	Aampanna
		Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam
DINNER	Salad / Soup	Veg Clear Soup	Corn Soup	Mixed Salad	Tomato Soup	Laccha Onion	Manchow Soup	Mushroom Soup
	Dry Veg	Cabbage Peas	Jullianne Potato	Aloo Matar	Barbatti Dry	Pindi Chana		Aloo Matar
	Curry Veg	Nutrela Aloo	Rajma Masala	Kadhai Paneer	Yellow Peas	Dum Aloo	Veg.Manchurian	Corn Capsicum
	Dal	Dal fry	Panchmela Dal	Yellow Dal Fry	Dal Fry	Dal fry	Chana Dal	Plain Dal
	Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Soya Rice	Jeera Pulao
	Bread	Butter/Plain Roti	Butter/Plain Roti	Laccha Paratha	Butter/Plain Roti	Veg. Paratha	Noodles/Pasta	Butter/Plain Roti
	Accompany	Garlic Chutney	Fryums	Chips	Green Chutney	Papad	Fryums	Papad
	Sweets	Gulab Jamun	Sewain	Rasgulla	Halwa	Gulab Jamun	Ice Cream	Kheer
Health Drink	Milk	Milk	Milk	Milk	Milk	Milk	Milk	

NOTE: Fruits & Veg. as per availability & Boiled Veg. and Plain Dal are available in Lunch & Dinner.