

# RGS MESS MENU DECEMBER 2022

MEAL	DISHES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Indian	Luchi Chanadal	Masala Uthapam with Chutney	Cholla Bhatura	Chidwa Poha	Griled Sandwich with Cutlet	Aloo Paratha with Curd & Pickle	Masala Dosa with Sambhar & Chutney
	Continental	Oats	Bread	Bread	Bread	Oats	Bread	
	Flakes	Cornflakes	Cornflakes	Chocos	Cornflakes	Chocos	Cornflakes	
	Health Drinks	Bournvita	Boost	Horlicks	Bournvita	Boost	Choco Horlicks	Oats
	Beverage	Milk	Milk	Milk	Milk	Milk	Milk	Tea
	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	
BREAK	Snacks	Biscuit	Cake	Biscuit	Juice	Biscuit	Cake	Juice
LUNCH	Salad	Macaroni Salad	Green Salad	Mixed Salad	Sprouted Salad	Mixed Salad	Green Salad	Non-Veg Lunch at Dhaba
	Dry Veg	Small Aloo Fry	Chana Masala	Bhindi Bhaji	Julliane Cut Potato	Mixed Veg Bhaji	Parwal Fry	
	Curry Veg	Shahi Paneer	Aloo Matar Masala	Aloo Do Pyaza	Rajma Masala	Aloo Rassa	Baigan Bharta	
	Dal	Yellow Dal Fry	Yellow Dal Fry	Yellow Dal Fry	Yellow Dal Fry	Yellow Dal Fry	Yellow Dal Fry	
	Rice	Plain Rice	Plain Rice	Pulao	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	
Accompany	Chips	Plain Curd	Fryums	Raita	Papad	Raita		
SNACKS	Savoury	French Fries	Samosa	Burger	Tikki Cholla	Veg Momo	Veg Wrap	Wai Wai Maggi
	Beverage	Juice	Juice	Juice	Juice	Juice	Tea	Juice
	Accompany	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam
DINNER	Soup	Tomato Soup	Non-Veg Dinner at Dhaba	Dhaniya Shorba	Sweet Corn Soup	Spinach Soup	Hot & Sour Soup	Sweet Corn Soup
	Dry Veg	Aloo Bhaji		Laccha Salad	Vegetable in Hot	Pindi Cholla	Chilli Cauliflower	Dum Aloo
	Curry Veg	Gobhi Matar		Butter Paneer	Garlic Sauce	Palak Paneer	Veg Manchurian	Butter Paneer
	Dal	Yellow Dal Fry		Biryani with Raita	Italian Pasta	Yellow Dal Fry	Veg Hakka Noodles	Dal Makhni
	Rice	Plain Rice			Yellow Fried Rice	Plain Rice	Veg Fried Rice	Pulao
	Bread	Butter/Plain Roti		Laccha Paratha	Sauces, Condiments	Butter/Plain Roti	Sauces, Condiments	Butter Nan
	Dessert	Ice Cream		Kesariya Halwa	Ice Cream	Gulab Jamun	Custard	Rasgulla
	Health Drink	Milk		Milk	Milk	Milk	Milk	Milk

NOTE: Fruits & vegetables will be provided as per availability.

*Sanjay*  
02.12.22