

# MESS MENU MARCH 2019

TIME	DISHES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Indian</b>	Fried Rice Home Style	Puri Chanadal	Paratha Aloo Sabji	Grilled Sandwich	Cholla Bhatura	Aloo Paratha	Matar Puri Aloo Sabji
	<b>Continental</b>	Bread	Bread	Bread	Bread	Bread	Bread	Bread
	<b>Flakes</b>	Chocos	Corn	Chocos	Veg.Oats	Honeyloops	Corn	Veg. Oats
	<b>Health Drinks</b>	Bournvita	Boost	Horlicks	Bournvita	Boost	Choco Horlicks	
	<b>Beverage</b>	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Tea
	<b>Fruits</b>	Apple	Banana	Watermelon	Grapes	Guava	Pears	Banana
<b>SHORT BREAK</b>	<b>Juice/Snacks</b>	Juice	Biscuit	Juice	Chocolate	Juice	Biscuit	Cake
<b>LUNCH</b>	<b>Salad</b>	Sprouted Salad	Macaroni Salad	Mixed Salad	Sprouted Salad	Green Salad	Chinese Salad	Mix Salad
	<b>Dry Veg</b>	Desi Chana	Jeera Aloo	Palak Matar	Aloo Shimlamirch	Toru Sabji	Soya Manchurian	Veg Jhalfrezi
	<b>Curry Veg</b>	Aloo Gobhi Matar	Matar Paneer	Kadhai Paneer	Cholla Masala	Rajma Masala	Cripy Veg	
	<b>Dal</b>	Dal Butter Fry	Pakodi Kadhi	Mix Dal	Yellow Dal Fry	Mix Dal	Hakka Noodles	Dal Fry
	<b>Rice</b>	Plain Rice	Veg Pulao	Plain Rice	Plain Rice	Plain Rice	Veg Fried Rice	Jeera Pulao
	<b>Bread</b>	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti		Laccha Paratha
	<b>Accompany</b>	Papad	Dahi Bhalla	Curd	Chips	Boondi Raita	Chips	Fryums
<b>SNACKS</b>	<b>Indian</b>	Wai Wai Chat	Samosa	Chonka Idli	Chat	Veg Pakoda	Pyaj Kachori	French Fries
	<b>Health Drink</b>	Mango	Apple	Litchi	Apple	Jaljeera	Litchi	Apple
	<b>Accompany</b>	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam
<b>DINNER</b>	<b>Salad / Soup</b>	Manchow Soup	Corn Soup	Hot & Sour Soup	Onion Chilly	Laccha Onion	<b>Veg Biryani Raita</b>	<b>South Indian Dinner</b>
	<b>Dry Veg</b>	Aloo Bhaji	Baigan Bharta/Fry	Jullianne Potato	Dhania Aloo	Aloo Dum		
	<b>Curry Veg</b>	Veg Kofta	Nutrela Aloo	Gobhi Matar	Chanadal	Palak Paneer		
	<b>Dal</b>	Dal fry	Mix Dal	Yellow Dal Fry	Veg Pulao	Kali Dal		
	<b>Rice</b>	Plain Rice	Plain Rice	Plain Rice		Jeera Pulao		
	<b>Bread</b>	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Luchi	Butter Nan		
	<b>Accompany</b>	Garlic Chutney	Papad	Green Chutney		Chips		
	<b>Dessert</b>	Gajar Halwa	Malai Boondi	Gulab Jamun	Payesh	Rasgulla		
<b>Health Drink</b>	Milk	Milk	Milk	Milk	Milk	Milk	Milk	

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

