

MESS MENU SEPTEMBER 2019

TIME	DISHES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Indian	Homestyle Fried Rice	Veg Cutlet / Poha	Idli Sambhar Chutney	Luchi Chanadal	Corn Cheese Sandwich	Aloo Paratha with Dahi & Achar	Masala Dosa Sambhar Chutney
	Continental	Bread	Sweet Bun	Bread	Oats	Bread		
	Flakes	Cornflakes	Masala Oats	Chocos	Cornflakes	Chocos	Cornflakes	Oats
	Health Drinks	Bournvita	Boost	Horlicks	Bournvita	Boost	Choco Horlicks	Bread
	Beverage	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Hot / Cold Milk	Tea
	Fruits	Apple	Banana	Watermelon	Grapes	Guava	Watermelon	
Short Break	Juice/Snacks	Biscuit	Biscuit	Biscuit	Chocolate	Biscuit	Biscuit	Chocolate
LUNCH	Salad	Sprouted Salad	Macaroni Salad	Mixed Salad	Sprouted Salad	Green Salad	Mixed Salad	Special Lunch Non-Veg
	Dry Veg	Bhindi Bhaji	Julliane Potato	Barbatti Aloo	Parval Aloo Bhaji	Bhindi Bhaji	Aloo Matar	
	Curry Veg	Aloo Rassa	Malai Kofta	Cholla Masala	Matar Paneer	Cube Aloo Fry	Rajma Masala	
	Dal	Moong Dal	Arhar Moong Dal	Masoor Dal	Mix Dal	Moong Masoor	Arhar Dal	
	Rice	Plain Rice	Veg 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	
	Accompany	Raita	Dahi Bhalla	Curd	Raita	Curd	Chips	
Snacks	Indian	Wai Wai Dry	Samosa	Veg Chowmien	Pao Bhaji	French Fries	Maggi	Jhal Muri
	Health Drink	Mango	Jaljeera	Mix Fruit	Aampanna	Mango	Litchi	Mix Fruit
	Accompany	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam	Bread Jam
DINNER	Green Veg	Boiled Veg	Boiled Veg	Boiled Veg	Boiled Veg	Boiled Veg	Boiled Veg	
	Dry Veg	Barbatti Aloo	Aloo Capsicum	Aloo Matar	Aloo Bhujia	Cheesy Pasta	Kumda Aloo	Dry Aloo Dum
	Curry Veg	Ghooghni	Pakodi Kadhi	Nutrela Curry	Corn Masala			Paneer Makhni
	Dal	Masoor Dal	Mix Dal	Moong Masoor	Arhar Dal	Fried Rice	Chanadal	Dal Makhni
	Rice	Jeera Rice	Plain Rice	Plain Rice	Plain Rice		Peas Pulao	Plain Rice
	Bread	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Butter/Plain Roti	Veg Curry	Luchi	Butter Nan
	Accompany	Garlic Chutney	Papad	Green Chutney	Chips	Fryums	Fryums	Papad
	Dessert	Sewainya	Laddoo	Gulab Jamun	Ice Cream	Custard	Ice Cream	Rasgulla
	Health Drink	Milk	Milk	Milk	Milk	Milk	Milk	Milk

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