

MESS MENU - A (GIRLS HOSTEL)

Mon - Fri (07:30 AM to 10:00 AM) Sat & Sun (08:00 AM to 10:30 AM)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Aloo +Puri	Onion & Tomato Uttapam + Sambhar	Pav - Bhaji	Cutlets + Sprouts	Aloo Sandwich + Omlet	Vada/Idli + sambhar	Aloo Pyaaz paratha
2.	Pickle	Coconut Chutney	Raw Onion + Lemon	Boiled Egg + Masala	Banana	Coconut Chutney	Pickle
3.	Brown Bread+Cornflakes +Butter+Jam	Brown Bread+Cornflakes +Butter+Jam	Brown Bread+Cornflakes +Butter+Jam	Bread + Butter + Jam + Ketchup	Brown Bread+Cornflakes +Butter+Jam	Brown Bread+Cornflakes +Butter+Jam	Brown Bread+Cornflakes +Butter+Jam
4.	Milk+Ginger Tea Coffee powder	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk
5.	Banana	Coffee Powder	Coffee Powder	Coffee Powder	Coffee Powder	Rooh Afza Milkshake	Coffee Powder
Lunch - Mon - Fri (12:00 pm - 2:00 pm) Sat - Sun (12:30 pm - 2:30 pm)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Sindhi Kadhi	Arhar Dal	Rajma	Arhar Dal	Aloo Tamatar	Chole Bature	Kadai Paneer
2.	Jeera Aloo/ Aaloo Pyaz	Masala Bhindi	Pethe ki Sabji	Soyabean Punjabi Style	Boondi ka raita	Matar Pulao	Dal Tadka Punjabi
3.	Rice	Jeera Rice	Rice	Lemon Rice	Paratha	Vinegar Onion	Veg. Pulao+Millets Namkeen
4.	Buttermilk	Buttermilk	Chapati	Chapati	Garlic Chutney	Pickle + Lemon	Ice Cream (Chocolate)
5.	Chapati	Chapati	Curd	Dahi Vada	Rice	Veg. Raita	Chapati
6.	Lemon + Pickle + fried Green Chili + Mixed Salad	Lemon + Pickle + Salad	Lemon + Pickle + Onion Salad	Lemon + Pickle + Fried Chili + Mixed Salad	Salad + Lemon + Pickle	Fried Chili	Lemon + Pickle+ Mixed salad
Snacks - 5.30 pm - 06.00 pm							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Aloo Papdi Chaat (with dahi)	Poha/Samosa	Kachori / Pakodi	Aaloo Chola Tikki	Chole Kulche (one piece)	Vada Pav(one piece)	White Pasta
2.	Green Chutney + Ketchup	Fryums	Green Chutney + Ketchup	Fryums	Tea (Adrak Elaichi)	Potato Chips + Ketchup	Tea (Adrak Elaichi)
3.	Tea (Adrak Elaichi)	Tea (Adrak Elaichi)	Tea (Adrak Elaichi)	Tea (Adrak Elaichi)	Green Chutney	Tea (Adrak Elaichi)	Fryums
Dinner - 7:30 pm - 9:30 pm							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Aaloo Parwal	Kabuli Chana + Puri	Egg Curry	Gatte Ki Sabji	Malai Kofta	Moong Dal	Laccha Paratha
2.	Mixed dal	Rice	Matar Paneer Masala	Mashed Potatoes	Seasonal Vegetable	Kala Chana Masala(Fried with Onions)	Dal Makhani+Veg . Biryani
3.	Rice	Anguri Petha (One Piece)	Lemon + Pickle	Pulao	Lemon+Pickle+Mixed Salad	Gudh Tamatar Chatni	Sev Tamatar(Dhaba Style)
4.	Chapati	Lemon + Pickle	Fried Rice	Chapati	Rice	Roti+Rice	Lemon + Pickle
5.	Lemon + Pickle	Mixed salad	Chapati	Rasgulla/Gulab Jamun (2 pieces)	Chapati	Lemon+Pickle	Papad
6.	Papad	Papad	Mixed Salad	Lemon + Pickle + Mixed salad	Papad	Fryums	Salad

Mixed Salad- Tomato + Beetroot + Cucumber + Onion + Carrot
Ghee- Patanjali suddh desi ghee
Milk- Amul Gold
Rice – India gate Basmati

MESS COMMITTEE'22

DR. BHAVNA SHRIVASTAVA

DR. NIVEDITA KAUL

DR. MEENA NEMIWAL

DR. SONAL

DR. RITIKA

