

MESS MENU - B (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	Vada/Idli + sambhar	Aloo Pyaaz paratha/ Methi Paratha or Mooli Paratha
2.	Pickle	Coconut Chutney	Raw Onion + Lemon	Boiled Egg + Masala	Omlet	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	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk	Tea (Adrak Elaichi) + Milk +Coffee Powder	Tea (Adrak Elaichi) + Milk
5.	Coffee powder	Coffee Powder	Coffee Powder	Coffee Powder	Coffee Powder	Rooh Afza Milkshake	Coffee Powder
6.	Banana	Banana	Apple	Pear	Banana	Apple	Pear
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/Dal Bati Churma
2.	Jeera Aloo/ Aaloo Pyaz	Masala Bhindi	Aaloo Gobhi	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
7.	Papad/Fryums + Garlic Chutney	Papad/Fryums + Garlic Chutney	Papad/Fryums + Garlic Chutney	Papad/Fryums + Garlic Chutney	Papad/Fryums + Fried Chilli	Papad/Fryums + Garlic Chutney	Papad/Fryums + Garlic Chutney+ Fruit Raita
Snacks - 5.30 pm - 06.00 pm							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Aloo Papdi Chaat (with dahi)	Full Maska Bun	Kachori	Aaloo Chola Tikki	Chole Kulche (one piece)	Vada Pav(one piece)	White Pasta
2.	Green Chutney + Ketchup	Green Chutney + Ketchup	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 Green Matar	Kabuli Chana + Puri	Egg Curry	Gatte Ki Sabji	Malai Kofta	Moong Dal	Laccha Paratha
2.	Mixed dal	Jeera Rice	Matar Paneer Masala	Mashed Potatoes	Gajar Matar	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
7.	Salad	Salad	Salad	Salad	Salad	Salad	Fryums

One special feast Once a month – Tandoori Roti +Naan+ Shahi Paneer +DryManchurian +dudh jalebi + Chilli+ Salad+ Papad/Fryums + Kitkat Chocolate

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