

MESS MENU
(JULY, AUGUST, SEPTEMBER, OCTOBER) 2026

MONDAY	BREAKFAST:- MILK, CORNFLAKES, SEWIYAN, B.B. JAM, OMELETTE, FRUIT
	MOR. SNACKS:- ALOO/PANEER SAMOSA
	LUNCH:- DAL MALKHA, MIX VEG, RICE, CHAPATI, SALAD, FRUIT, CURD
	SNACK'S:- ROASTED CHANA + GLUCON-D
	DINNER:- MATAR PANEER, BOILED EGG AND CURRY, RICE, ROTI, BESAN BARFI
TUESDAY	BREAKFAST:- MILK, BREAD, BUTTER, JAM, UPAMA, DALIYA, FRUIT
	SNACKS:- MASALA PATTIES
	LUNCH:- RAJMA CURRY, ALOO MASLA, RICE, ROTI, SALAD, FRIED PAPAD, BUTTERMILK, ICECREAM
	SNACKS:- ROOH AFZA MILK AND TANDOORI SANDWICH
	DINNER:- CHILLI PANEER + FRIED RICE, + FRENCH FRIES, CUSTARD
WEDNESDAY	BREAKFAST:- MILK, CHOCOS, MOONG DAL CHILA/ RICE CHILLA, CHUTNEY, BOILED EGG, FRUIT
	MOR. SNACKS:- BREAD PAKODA
	LUNCH:- SHAHI PANEER, SABUT MASUR DAL, CURD, RICE, MISSI ROTI, SALAD, FRUIT
	SNACKS:- AMUL COOL / LAHORI JEERA + ROASTED PEANUTS
	DINNER:- MUNG DAL, SOYABEAN CURRY, RICE, ROTI,SALAD, SHAHI TOAST
THURSDAY	BREAKFAST:- BANANA MILK, POHA, PAKORA, ONION, LEMON
	MOR. SNACKS:- CURRY PUFF
	LUNCH:- CHOLE, BHATHURA, BUNDI RAITA, RICE, MASALA ONION SALAD, FRUIT
	SNACKS:- FROOTI/REAL JUICE, ROASTED CHANA
	DINNER:- WADA, IDLI, SAMBHAR, COCONUT CHUTNI, ICE-CREAM
FRIDAY	BREAKFAST:- MANGO SHAKE, PARANTHA, PANEER BURJI, EGG BURJI, BUTTER
	MOR SNACKS:- BHEL POORI (SR.) AND KACHORI (MD.)
	LUNCH:-, SEV-TAMAATAR KEE SABJEE, KADHEE, ROTI, RICE, FRUIT
	SNACKS:- ROASTED MOONGDAL AND LEMON WATER
	DINNER:- RED SAUCE PASTA, CUTLET, GARLIC BREAD, MUFFIN'S
SATURDAY	BREAKFAST:- MILK, OATS, MASALA IDLI AND COCONUT CHUTNEY, FRUITS
	MORNING SNACKS:- BOILED CORN CHAT
	LUNCH:- BUTTER PANEER, MIX DAL, CURD, RICE, ROTI, SALAD, FRUIT
	SNACK'S:- COLD COFFEE + CHAAT PAPADI
	DINNER:- DAL MAKHANI, ALOO CHATPATA, ROTI, VEG PULAO, GULAB JAMUN
SUNDAY	BREAKFAST:- ALOO PANEER PARANTHA, CURD, BUTTER, ACHAR, GREEN/GARLIC CHUTNI
	MORNING SNACKS:-
	LUNCH:- BIRYANI, BOONDI RAITA, FRUIT (SR.)/ DUM ALOO, MALKHA DAL, ROTI, RICE, BOONDI RAITA, FRUIT (MD.)
	SNACKS:- BIKANERI BHUJIA/ PUNJABI TADKA/ CHIP'S
	DINNER:- ARHAR DAL, SEASONAL VEG, RICE, ROTI, ICE-CREAM