

## Weekly Mess Menu

<b>DAY</b>	<b>BREKFAST</b>	<b>Tea Break</b>	<b>LUNCH</b>	<b>FRUITS</b>	<b>EVENING SNACKS</b>	<b>DINNER</b>	<b>NIGHT MILK</b>
Monday	Palak Puri Sabji,Achar,Bournv ita Milk	45 Cups	Seasonal Veg,Dal Fry,Rice,Roti,Salad	Seasonal Fruits	Bread Roll,Chilled Roohafja	Seasonal Veg,Dal Fry,Rice,Roti,Salad,Kheer	Plain Milk
Tuesday	Poha Jalebi,Namkeen Sev	45 Cups	Rajma Curry,Boondi Raita,Rice,Roti,Salad	Seasonal Fruits	Papdi Chat,Aam Panna	Soyabean Badi Aloo,Dal Fry,Rice,Roti	BournvitaMilk
Wednesday	Bread Butter Jam,Cutlets,Horlic ks Milk	45 Cups	Kadai Paneer,Dal Mix,Rice,Roti,Salad	Seasonal Fruits	Dal Kabab,Nimboo Pani	Mix Veg,Dal Tadka,Rice,Roti,Sweet Boondi	Plain Milk
Thursday	Idly,Sambhar,Chut ney	45 Cups	Aloo Chokha,Veg Khichdi,Roti,Salad,A char,Papad	Seasonal Fruits	Mangori Hari Chutney,Gulab Rasna	Seasonal Veg,Dal Fry,Veg Pulao,Roti	Plain Milk
Friday	Aloo Bonda,Sweet Dalia	45 Cups	Seasonal Veg,Dal Fry,Rice,Roti,Salad	Seasonal Fruits	Veg Piller,Souce,Aam Panna	Chole Bhatura,Veg Pulao,Dahi Wada,Salad	Horlicks Milk
Saturday	Vermicilli Upma,Bread Jam	45 Cups	Boondi Kadi,Jeera Aloo,Rice,Roti,Salad	Seasonal Fruits	Aloo Peanut Chat,Nimboo Pani	Seasonal Veg,Dal Mix,Rice,Roti,Ice Cream	Plain Milk
Sunday	Paratha,Sabji,Tea	No Tea	Seasonal Veg,Dal Tadka,Rice,Roti,Sala d	Seasonal Fruits	Bhel Puri,Chutney,Gulab Rasna	Sahi Paneer,Dal Fry,Rice,Roti,Salad	Plain Milk