

JULY MESS- MENU

Days	Breakfast	Lunch	Snacks	Dinner
Sunday	Bread, Butter, Jam, Omlette	Y-moong dal, Sambhar, Dum aloo	Aloo chiips	Parotha,Y-moong dal, Gobhi manchorian, Sambhar,Kesari, Non-veg.
Monday	Aloo paratha, pickle,tomato - chatni	Udad dal,sambhar, onion uttapum, cauli-flower	bhel-puri	Kofta,cheda dal, sambhar,lemon-rice, pineapple-juice
Tuesday	yellow-rice (Namkeen)	Rajma,masoor dal, Sambhar	Bread-fry	G-Moong dal,Sambhar, Bhendi masala, kheer
Wednesday	Paav-bhaji	G-moong bhaji, moong dal,Sambhar	Poli/ Biscuit	Masoor dal,Palak paneer, Sambhar,Milk-shake (red), Non-veg
Thursday	Aloo-paratha, pickle,?	G-moong dal, Sambhar, Kofta	Aloo/ Brinjal Pakoda	Masoor dal,Sambhar, Mushroom-masala, Pulav,grape juice
Friday	Poha	Masoor dal, Aloo-methi,Rayata	Upma	Arahar dal,Sambhar, Bharva-bhendi, Halwa, Non-veg.
Saturday	Dahi-vada, Boiled potato	chola- bhatura, Y-moong dal, Sikanji(red)	Savaiyan	Udad dal,Aloo posto, Fried rice,Sambhar, Ice-cream(/Sweats)

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