

**HOSTEL MESS MENU****A. BREAKFAST:**

01 Parontha (Stuffed) with 17 grams (1/6 of 100 grams cake) butter/ 100 grams Curd with 200ml. Milk/Tea.

**OR**

04 nos. Bread Slice (sandwich bread cake size) with 20grams Butter / 20grams Jam/ 10grams Butter+10grams Jam or one egg omelet with 200ml. Milk/Tea.

**AND**

(Once a week) Purees with White Chanaa with 100gm curd, pickle/chutney & 200ml.Milk/Tea.

**AND**

(Once a week) 03 nos. of stuffed bread pakoras (sandwich bread cake size), tomato sauce with 200ml. Milk/Tea.

**B. LUNCH:**

1. Rice and Chapati daily and Fried Rice on alternate days.
2. Daal as per follows:
  - a. Raajamah
  - b. Chanaa White
  - c. Raungi
  - d. Daal fried
  - e. Chanaa Black
  - f. Karhi Pakora/ Soyabean + Aloo Jeera
3. Boondi/Onion tomato/ Ghea/ Aloo Raita (with quantity of Curd 100gm. daily), except on the day when curry is served
4. Salaad (seasonal- 03 different items including onion) and pickle.
5. Special Lunch (Sunday) – Puree, Rice pulao, Pindi channa, Boondi Raita/Dry masala aloo+ pickle/chutney+ Salaad (seasonal- 03 different items including onion)

**C. DINNER:**

1. Chapati daily
  2. Daal fried daily
  3. 6 days seasonable green vegetable
  4. One day special dinner (Wednesday)–Puree, Daal Fried + Shahi Paneer + Fried Rice + Salaad (seasonal- 03 different items including onion) and pickle.
  5. Sweet dish (Thrice in a week) – Sewian/Kheer, Custard, Halwa
  6. Salaad (seasonal- 03 different items including onion) and pickle.
- **ONLY VERKA MILK (STANDARD WITH 4.5 FAT), MARKFED/RICELA/FORTUNE/SOHNNA/ SWEEKAR REFINED OIL, BONN/CREMICA/BRITANNIA/MODERN/KITTY BREAD, VERKA/ AMUL BUTTER, KISAN/MARKFED/HIMCO JAM, MAGGI SAUCE SHALL BE USED IN THE MESS AND ONLY ISI EQUIPMENT AND AGMARK COOKING INGREDIENTS SHOULD BE USED IN THE MESS.**
  - **ONLY CHAKKI ATTA IS TO BE USED FOR MAKING CHAPATIS IN MESS.**

**Note:**

- **Vegetable khichri with 100 gm. Curd in place of normal diet to any resident who is not keeping well. The order of khichri should be given at least one hour before lunch/ dinner time**
- **Special diet Rs. 04/- per meal will be charged extra.**
- **Above given menu must be followed strictly.**