

DAYS	BREAKFAST	LUNCH	DINNER
MONDAY	Corn Flakes(Chocos), Papaya, Sandwich (Jam+Veg+ Cheseese)+ Sauce	Veg Pulao+ Roti+Dal Makhni+ Bhindi Onion Masala+ Taroi Sabzi	Roti(Buttered) +Rice+ special dal+ Mix Veg+ Gajar ka Halwa
TUESDAY	Sprouts+ Banana+ Chhole Bhature+Egg	Methi Matar Pulao+ Dal+ Roti Palak+Paneer Bhurji+Dahi	Roti(Buttered) + Rice +Arhar Dal+ Aloo Full Gobi Sabzi+ Gulab Jamun(2pcs)
WEDNESDAY	Banana,+Corn Flakes(Chocos), Idli/ Vada+ Sambar+ Chutney	Chicken Dum Biryani/Veg Paneer Dum Biryani+ Kadhai Paneer + Raita	Roti(Buttered)+Rice+ Dal Fry+ Malai Kofta
THURSDAY	Fruits+ Onion Partaha/ Gobi Paratha	Rice+ Roti++Dal+ Matar full gobi Masala+Channa Torrai Sabzi	Roti(Buttered)+Rice + Dal Makhni+ Vegetable Korma+ Ice cream
FRIDAY	Sprouts/Banana+ Matar Kulcha	Rice+ Roti+ Dal+Egg Curry/ Kofta	Roti(Buttered)+Rice+ Dal Tadka+ Bhanwar Bhindi + moondg Dal ka Halwa
SATURDAY	Masala oats+ Water Melon+ Kachori+ Sabzi	Sweet Corn Veg Soup+ Khichdi(with vegetables), Dahi, Aloo Chokha, Chutney	Roti(Buttered) + Dal+ Bandh Gobi Matar+ Fruit Custard
SUNDAY	Oats+ Seasonal fruit+ Utpama+ Sambar+ Chutney, Egg	Rice+ Dal+ Roti+ Cholle+ Dahi	Roti+ Rice+ Dal+ Chicken Butter Masala/ Dum Paneer kali Mirch+ Cold Drinks

Morning- Milk (150GM) and Tea to be served daily in the breakfast.
Evening- Tea and Biscuit to be served daily.

Dr. Jisu Ketan Pattanaik
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Convener, Mess Committee

16/5/12