

Effective From: 04.10.2019

Hall-IV Mess Menu

Day	Breakfast	Lunch	Dinner
Daily	1. Sprout or Mix Sprout (Chana + Green Moong), 2. Tea or Milk + Coffee/Bournvita/Horlicks /Corn-flakes 3. Any one from the followings (a) Bread with two Butter, (b). Seasonal Fruit (Four Bananas) and Four Bread, (c). Bread Omelette (Two Eggs) Note: Hot Served Food mentioned below (1 Milk = Dalia = 2 Boiled Eggs = 4 Bananas = 2 Butter = 2 Jam)	Chapati (Plain and Butter), Sambar, Pickle, Sela Rice, Salad (Oinion, Mixed, Green Chili, Lemon) Extra: Egg Preparation, Fried Rice, Aloo Fry, Tomato Chutney, Boiled Egg, etc.	Chapati (Plain and Butter), Rasam, Pickle, Sela Rice, Salad (Oinion, Mixed, Green Chili, Lemon) Extra: Egg Preparation, Fried Rice, Aloo Fry, Tomato Chutney, Boiled Egg, etc.
Monday	Kachori (Atta and Maida) with Aloo Sabji (Semi- Greavy)/Puri-Ghogni (Alt.),	Aloo-Parwal Semi Gravy, Malka Masoor Dal, Butter/Curd/Dahi- Baigan/Seasonal Fruit Extra: Chicken Malwani	Kaddu- Chana, Arhar Dal, Extra: Chicken Tikka Masala, Imarathi- Rabadi/ Rabadi (Alt.)
Tuesday	Uttapam, Sambar, Coconut Chutney	Lauki-Chana, Tahri, Urad Chhilka Dal, Tomato Chutney, Butter/Curd/Lassi/Seasonal Fruit/Pinapple	Kadai Paneer/Egg Curry (Opt.), Moong Dal, Kulcha, Veg-Biryani Extra: Chamcham
Wednesday	Aloo Paratha, Green Chutney, Curd/Butter, Mango Pickle	Taroi, Kali Masoor Dal Butter/Curd/Kadi/Seasonal Fruit Extra: Fish Curry in Mustard Oil	Bhindi, Mix Dal Tadka, Kheer/Semia (Alt.) Extra: Mutton Kassa/Chicken Kalimirch (Alt.)
Thursday	Vada, Idli, Sambar and Coconut Chutney	Aloo-Karela, Rajma, Lemon/Tamarind Rice (Alt.), Butter/Curd/Lassi/Seasonal Fruit/Pinapple Extra: Chicken Curry	Masala Dosa, Coconut Chutney/ Pindi Chola (Opt.), Urad Dal Extra: Butter chicken, Rasamalai
Friday	Pav Bhaji/Upma(Alt.)	Aloo-Baigan/Aloo-Dum(Opt.),Chana Dal, Butter/Curd/Curd- Rice/Seasonal Fruit Extra: Mutton Curry	Paneer-Do-Pyaza/Chicken Curry (Opt.), Moong Dal, Potato Fries, Naan & Missi Roti, Veg Pulao, Gulab Jamun
Saturday	Masala Dosa, Sambar, Coconut Chutney/ [Sandwich]	Khichdi, Kundru-Aloo, Arhar Dal, Roasted Papad, Butter/Curd/Chach/Seasonal Fruit Extra: Chicken Masala/ Chilli chicken	Atta-Maida Poori-Aloo-Matar, Chana Dal with Coconut Extra: Chicken Kassa, Fruit Custard
Sunday	Jalebi, Poha, Imli Chutney and Curd	Aloo Paratha & Dal Paratha, Moong(W) Dal, Malai Kofta / Egg Curry (Opt.),Green Chutney,Rasgulla/Ice- Cream(Alt.) Butter/Curd/Pudina Raita/Seasonal Fruit Extra: Special Fish	Dal Makhani, Kadi,Aloo-Lobiya Extra: Dum Biryani, Peda

“Please don’t waste food. Money goes from our pocket”

CHAIRMAN
Mess Committee
Hall-4,I.I.T.Kanpur