

Menu for Mess (SINPMS, BADAL)

Day	Breakfast	Lunch	Tea (Morning Tea evening)	Dinner
Monday	Stuffed Prantha with Butter/ Curd	Rajmaah, Rice, Chapati, Salad, Curd		Channa Dal, seasonal vegetable, chapatti
Tuesday	Plain Parantha with Aloo Sabji	Aloo Nutrie, Rice Chappati, Salad, Raita	" "	Mix Dal, seasonal vegetable, chapatti
Wednesday	Onion Parantha with Butter/Curd	Cheese Kofta/Mutter Paneer, Rice, Chapati, Raitya, Salad	" "	Sabat Masoor, seasonal vegetable, chapatti
Thursday	Aloo Parantha with Butter /Curd	Curry/ sambhar, Rice, Chapati, Salad	" "	Sabat Mungi, seasonal vegetable, chapatti, Custard
Friday	Plain Prantha with Aloo Sabji / Bread Butter Jam	Urād Dal, Rice, Chapati, Curd, Salad	" "	Chana Dal, Paneer Bhurji, Chapatti
Saturday	Dal Prantha With Butter/Curd	Black Chana, Rice, Chapati, Raitya, Salad	" "	Mix Veg, Chapatti, Kheer
Sunday	Aloo Parantha with Butter /Curd	Puri Chana, Halwa	" "	Aloo Vadiyan, seasonal vegetable, chapatti

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