



MAHE FOOD COURT MESS BASIC MENU FOR FIRST AND THIRD WEEK

DAY / DATE	BREAKFAST 7.30 AM 9.30 AM	LUNCH 12.00 PM 2.00 PM	HI - TEA 4.30 PM 5.45 PM	DINNER 7.30 PM 9.30 PM
MONDAY	Aloo palak paratha, Curd, jam	beetroot dry, rajma masala, sambar	assorted podi	Mix veg palak paneer, egg pepper masala,
	bread white & brown, Veg upma	chapathi, lemon rice, curd (L)	tea, coffee, milk	dal amritsari, dum Aloo kashmiri
	tea, coffee, milk, pickle	steamed rice & brown rice		chapathi, pickle, Ginger Rasam
	butter (limited), bournvita/boost (limited)	pickle		white rice, curd (limited)
TUESDAY	Pineapple sheera, Vermicelli pulao	Lauki dry subzi, dal tadka, aloo mutter masala	Bhel puri/Goli baje	Punjabi chole, aloo baigan dry masala, Tomato Rasam
	Chutney, bread white & brown, jam	chapathi, steamed rice and	Chutney	dal hyderabadi, chapathi,
	tea, coffee, milk	brown rice, pickle	tea, coffee, milk	white rice, curd (limited)
	butter (l), bournvita (l)	Payasam, curd (limited)		pickle, indian sweet (Limited)
WEDNESDAY	idly, vada, sambar, chutney	cabbage dry, mix pulsea masala, dal bukhara	samosa, cookies	chicken do pyaza, paneer mushroom Kurma, dal meloni
	bread white & brown, jam	chapathi, steamed rice and brown rice	tomato sauce	long beans dry, pickle, coriander rasam
	tea, coffee, milk	pickle, salad	tea, coffee, milk	white rice, curd (l)
	butter (limited), bournvita/boost (limited)	Butter milk		
THURSDAY	mix veg parata, Veg kurma, pickle, jam	Padwal subzi dry, White beans masala, sambar	Stuffed bun/Mini pizza	paneer Mutter, Egg curry, garlic Rasam
	bread white & brown, Tomato Bath	chapathi, steamed rice & brown rice, kuska pulao	dry cake or banana cake	Dalma, chapathi,
	tea, coffee, milk, chutney	raitha, pickle,	tea, coffee, milk	white rice, curd (l)
	butter (limited), bournvita/boost (limited)	Lime juice		pickle, fresh green banana
FRIDAY	set dosa/Uttappam, sambar, chutney,	aloo palak dry, black chana masala, dal kolhapuri	maggi	Veg fried rice/ gobi/veg manchurian gravy
	Masalapulao, bread white & brown, jam	chapathi, steamed rice & brown rice	tea	toor dal butter fry, chapathi, pepper rasam
	tea, coffee, milk,	pickle, curd (limited),	coffee, milk	white rice, curd (limited)
	butter (limited), bournvita/boost (limited)	payasam		pickle.
SATURDAY	poori, aloo saagu, Wheat rava upma, chutney	tendly subzi, pumpkin kadhi, soya mutter masala	Pav baji/Vada Pav	Dal kolhapuri, aloo gobi capsicum dry, lemon rasam
	bread white & brown, jam	chapathi, steamed rice & brown rice	Chuney	chapathi, white rice, lobiya palak kurma
	tea, coffee, milk	pickle salad	tea, coffee, milk	pickle, curd (l)
	butter (limited), bournvita/boost (limited)	curd (limited)		Indian sweet (limited)
SUNDAY	masala dosa, sambar, chutney	Aloo bhindi, chole amritsari, Sambar	veg puff	chicken biriyani, chicken patiala steamed rice
	bread white & brown, jam	chapathi, steamed rice, & brown rice	dry cake or assorted pstry	veg biriyani with paneer tikka masala,
	tea, coffee, milk, Beaten rice	pickle, pappad (limited), Sweet lassi/curd (limited)	tea, coffee, milk	cucumber raitha, pickle, masala dal, mysore rasam
	butter (limited), bournvita/boost (limited)			

NOTE: Apart from the basic menu nonvegetarian items made available as extra messing at lunch and dinner as per availability / demand. Eggs to order will be made available as extra messing on all days breakfast. Limited portion of butter, curd, pappad, sweet, and snacks will be served.

MAHE FOOD COURT MESS BASIC MENU FOR SECOND AND FOURTH WEEK

DAY / DATE	BREAKFAST 7.30 AM 9.30 AM	LUNCH 12.00 PM 2.00 PM	HI - TEA 4.30 PM 5.45 PM	DINNER 7.30 PM 9.30 PM
MONDAY	Aloo paratha, Curd, jam	Suran ki Subzi, rajma masala, sambar	Potato Podi	paneer Jalfrezi, egg ghee roast masala,
	bread white & brown, Veg upma	chapathi, sweet corn pulao, raitha	tea, coffee,milk	hara moong dal , Aloo varual
	tea, coffee ,milk, pickle	steamed rice & brown rice, pickle		chapathi,pickle, lemon rasam
	butter (limited), bournvita/boost (limited)	pickle		white & brown rice,curd (limited)
TUESDAY	chitraanna , Vermicelli pulao	Bean carrot poriyal, dal tadka, aloo mutter	Bhel puri/Goli baje	Chole masala , dum aloo banarasi,mysore Rasam
	Chutney, bread white & brown, jam	chapathi,steamed rice and	Chutney	chapathi,dal kolhapuri
	tea,coffee,milk	brown rice,pickle	tea, coffee,milk	white rice
	butter (l), bournvita (l)	Payasam, curd (limited)		pickle, indian sweet (Limited)
WEDNESDAY	idly, vada, sambar,chutney	beetroot dry, white karamani kurma,dal fry	samosa, cookies	chicken kundapur,kadai paneer, dal lauki
	bread white & brown, jam	chapathi,steamed rice and brown rice	tomato sauce	knol khol dry , pickle
	tea, coffee,milk	pickle , salad	tea,coffee,milk	white rice,curd (l)
	butter (limited), bournvita/boost (limited)	Butter milk		tomato rasam
THURSDAY	mix veg parata, curd, pickle, jam	tendly chole dry,kadala curry, sambar	Stuffed bun/Mini pizza	paneer kofta curry, egg kheema masala,
	bread white & brown, Tomato Bath	chapathi, steamed rice & brown rice, peas pulao	dry cake or banana cake	Dalma,chapathi,garlic rasam
	tea, coffee,milk,chutney	pickle,	tea,coffee,milk	white & brown rice, curd (l)
	butter (limited), bournvita/boost (limited)	Lime juice		pickle,fresh watermelon slice
FRIDAY	set dosa/Uttappam,sambar,chutney,	Cabbage dry, soya mutter, moong dal	maggi	Veg fried rice, gobi/veg manchurian gravy
	Masalapulao, bread white & brown, jam	chapathi,steamed rice&brown rice	tea	palak dal, chapathi,coriander rasam
	tea, coffee,milk,	pickle, curd (limited),	coffee,milk	white rice,curd (limited)
	butter (limited), bournvita/boost (limited)	payasam,		pickle.
SATURDAY	poori, aloo kurma ,Wheat rava upma, chutney	snake gard dry,more kulambu, mix pulses kurma	Pav baji/Vada Pav	Dal makhani,veg kholapuri,ginger rasam
	bread white & brown, jam	chapathi, steamed rice & brown rice	Chuney	chapathi,white rice, aloo 65
	tea, coffee,milk	pickle salad	tea,coffee,milk	pickle,curd (l)
	butter (limited), bournvita/boost (limited)	curd (limited)		Indian sweet (limited)
SUNDAY	masala dosa, sambar ,chutney	Aloo bagian dry, peshwarichole , Sambar	veg puff	chicken biriyani ,chicken Hydrabadi,steamed rice
	bread white & brown, jam	chapathi,steamed rice,&brown rice	dry cake or assorted pstry	veg biriyani with paneer butter masala ,
	tea, coffee,milk,Beaten rice	pickle,pappad (limited), Sweet lassi/curd(limited)	tea, coffee,milk	cucumber raitha, pickle, methi dal, pepper rasam
	butter (limited), bournvita/boost (limited)			

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