

**SPICESNCHEFS NBQ & INDIRA MESS MENU**

<b>Date</b>	<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Snacks</b>	<b>Dinner</b>
3/1/2023	Wednesday	Veg Idli, Vada (L), Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Peas Korma, Methi Pulao, Tadka Dal, Garlic Rasam, Ajwain Chapati, Raita, Pickle.	Ragda Chat, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Bhindi Do Pyaza, Black Dal, Sambar, Ginger Rasam, Chapathi, Curd(L), Pickle.
3/2/2023	Thursday	Masala Dosa, Tomato Rice, Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Aloo Gobhi Dry, Mix Dal, Drumstic Sambar, Rasam, Palak Chapathi, Curd(L), Pickle.	Samosa, Banana, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Channa Masala, Sambar, Poori, Badam Milk(L), Pickle.
3/3/2023	Friday	Upma, Peanut Poha, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Kadi Pakoda, Green Moong Dal, Mix Veg Sambar, Corriander Rasam, Chapati, Butter Milk, Pickle.	Bhel Puri, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Paneer Kurchan(L), Dal Makhani, Sambar, Rasam, Chapati, Curd(L), Pickle.
3/4/2023	Saturday	Rava Idli, Lemon Rice, Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Soya Chunks Curry, Ajwani Dal, Madras Sambar, Ginger Rasam, Chapathi, Curd Rice, Pickle.	Kachori & Tomato Ketchup, Tea & Coffee, Milk(L).	Steam Rice, Boiled Rice, Achari Veg Curry, Dal Thove, Sambar, Rasam, Curd(L), Chapathi, Cut Fruit(L), Pickle.
3/5/2023	Sunday	Chole, Batura, Masala Rice, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Avil, Jeera Dal, Sambar, Rasam, Missi Roti, Curd(L), Pickle, Salad.	Usal Pav, Tea & Coffee, Milk(L).	Steam Rice, Baingan Salan, Bread Biryani, Methi Dal, Rasam, Chapathi, Raitha, Gulab Jamoon(L), Pickle.
3/6/2023	Monday	Onion Uthapam, Sambar, Chutney, Corn Flakes, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Rajma Masala, Cabbage Poriyal, Sambar, Mint Rasam, Chapathi, Curd(L), Pickle.	Vada Pav, Tea / Coffee, Milk(L).	Steam Rice, Kerala Rice, Aloo Bhindi Masala, Capicum Rice, Sambar, Rasam, Chapathi, Curd(L), Pickle, Fryums.

3/7/2023	Tuesday	Idli,Vada, Oats Porridge, Samber, Chutney, Tea/ Coffee/Milk,	Steam Rice, Kerala Rice, Mirchi Brinjal Salan, Bread Biryani , Dal Tadka, Pepper Rasam, Chapati, Raitha, Pappad, Pickle.	Aloo Bonda, Chutney, Tea / Coffee, Milk(L).	Steam Rice, Kerala Rice, Yam Black Channa Dry, Veg Dal,Samber, Rasam, Chapati, Curd, Pickle.Salad.
3/8/2023	Wednesday	Semiya Upma, Mint Chutney, Corn Flakes, Tea/Coffee/Mik.	Steam Rice, Kerala Rice,Gobhi Matter, Dal Fry, Sambar, Coriander Rasam, Chapati, Curd, Pickle.	Veg Spring Roll, Ketchup, Tea / Coffee, Milk(L).	Steam Rice, Kerala Rice, Veg Makhani, Masala Dal, Sambar, Rasam, Chapati, Curd, Pickle.
3/9/2023	Thursday	Rava Idli, Samber, Chutney, Oats Porridge, Tea/Coffee/Milk,	Steam Rice, Kerala Rice,Kadi Pakoda,Beetroot Poriyal, Drumstic Sambar, Mint Rasam, Methi Thepla, Payasam, Pickle.	Bread Pakoda,Ketchup, Tea / Coffee, Milk(L).	Steam Rice, Kerala Rice,Soya Butter Masala,Jeera Dal,Sambar, Rasam, Chapati, Curd,Salad,Pickle.
3/10/2023	Friday	Plain Dosa, Samber, Chutney, Corn Flakes, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Long Beans Curry, Curd Rice, Sprouted Moong Dal , Tomato Rasam, Chapati, Pickle,Fryums.	Biscuit Roti, Tea / Coffee, Milk(L).	Steam Rice, Kerala Rice, Chole Masal,Methi Dal, Sambar, Rasam,Poori, Curd, Pickle.
3/11/2023	Saturday	Mix Veg Paratha,Oats Porridge, Tea/Coffee/Milk,	Steam Rice, Kerala Rice,Aoo Jeera Dry, Brinjal Sambar, Dal Rasam, Ajwain Chapati, Butter Milk, Fryums, Pickle.	Veg Pakoda, Chutney, Tea / Coffee, Milk(L).	Steam Rice, Kerala Rice,Veg Koftha,Paneer Khurchan(L) Sambar, Rasam, Coriander Chapati, Curd, Pickle.Fruit Salad.
3/12/2023	Sunday	Masala Dosa, Puffed Rice,Chutney, Corn Flakes, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Veg Biryani, Navarthna Khorma, Dal Kolhapuri, Rasam, Chapati, Raitha,Lemon Juice,Pickle.	Madhur Vada, Tea / Coffee, Milk(L).	Steam Rice, Kerala Rice,Tendly Channa Dry.Dal Panchmel ,Rasam, Chapati, Pickle,Dry Jamoon .
3/13/2023	Monday	Onion Uthappa, Vangi Bath, Samber, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Rajma Rasila, Padwal Poriyal, Samber, Rasam, Chapati, Curd(L), Pickle.	Corn Cutlet,Ketchup, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Veg Meloni Sabzi, Ajwin Dal, Samber, Rasam, Chapati, Curd(L), Pickle.

3/14/2023	Tuesday	Shemiya Upma, Aloo Poha, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Veg Kohrma, Soya Biryani, Dal Tadka, Rasam, Chapathi, Raita, Pickle.	Masala Dosa, Chutney, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Veg Chetinada, Garlic Dal, Sambar, Rasam, Chapati, Curd (L), Pickle.
3/15/2023	Wednesday	Ragi Dosa, Puffed Rice, Samber, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Aloo Karikari, Mix Dal, Samber, Rasam, Chapati, Payasam, Pickle, .	Goli Kadabu, Chutney, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Chole Masala, Samber, Ginger Rasam, Poori, Curd(L), Pickle.
3/16/2023	Thursday	Aloo Parota, Bisi Bele Bath, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Mix Veg Dry, Jeera Dal, Samber, Rasam, Chapathi, Butter Milk, Pickle, Papad.	Veg Pakoda, Chutney, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Black Channa Masala, Kichadi, Sambar, Lemon Rasam, Chapati, Cut Fruits(L), Pickle.
3/17/2023	Friday	Veg Idli, Vada (L), Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Gobi Capsicum Masala, Ginger Dal, Samber, Rasam, Chapati, Curd Rice, Pickle.	Seera & Namkin, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Veg diwani Handi, Coconut Dal, Samber, Rasam, Chapati, Curd, Pickle.
3/18/2023	Saturday	Plain Dosa, Khara Bath, Samber, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Bhindi Dahi Curry, Beetroot Poriyal, Samber, Rasam, Chapathi, Curd(L), Pickle.	Spring Roll, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Aloo Paneer Chilly, Dal, Samber, Rasam, Curd(L), Pickle.
3/19/2023	Sunday	Poori, Tamrind Rice, Veg Saagu, Tea/Coffee/Milk.	Steam Rice, Methi Mutter Masala, Jeera Rice, Dal Tadka, Rasam, Chapathi, Curd(L), Pickle.	Bread Pakoda, Chutney, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Tawa Veg Curry, Bagara Dal, Samber, Rasam, Chapathi, Sweet, Pickle.
3/20/2023	Monday	Masala Dosa, Samber, Chutney, Corn Flakes, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Veg Kadai, Dal Thoyi, Samber, Rasam, Chapati, Curd, pappad, Pickle.	Sweet Buns, Chutney, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Aloo Bhidi Peanut Dry, Lobia Masala, Samber, Rasam, Chapati, Curd(L), Salad, Pickle.
3/21/2023	Tuesday	Aloo Paratha, Wheat Upma, Chutney, Oats Porridge, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Jeera Rice, Paneer Matter,, Garlic Dal, Rasam, Chapathi, Curd, Pickle.	Kachori, Chutney, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Yam Sukka, Methi Dal, Sambar, Pepper Rasam, Coriander Chapathi, Papad, Curd(L), Pickle.

3/22/2023	Wednesday	Idli, Mixed Veg Poha, Samber, Chutney, Corn Flakes, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Raddish Moong Curry, Kadi Pakodi, Samber, Mint Rasam, Jeera Chapati, Payasam, Pickle.	Veg Burger, Ketchup, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Punjabi Chole, Palak Dal, Samber, Ginger Rasam, Poori, Curd(L), Pickle.
3/23/2023	Thursday	Set Dosa, Vangi Bath, Chutney, Oats Porridge, Tea/Coffee/Milk.	Steam Ric, Kerala Rice, Coconut Rice, Cucumber Masla, Black Dal, , Udupi Rasam, Chapati, Curd, Pickle.	Sechezwan Pasta, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Veg Chlli Milli, Mix Dal, Sambar, Lemon Rasam, Palak Chapati, Curd, Salad, Pickle.
3/24/2023	Friday	Mysore Bonda, Semiya Upma, Samber, Chutney, Corn Flakes, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Mix Veg Poriyal, Curd Rice, Garlic Dal, Samber, Corriander Rasam, Ajwain Chapati, Pickle.	Bhel Puri, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Mix Veg Fried Rice, Veg Ball Manchurian. Dal Fry, Sweet Corn Soup, Pickle. Banana.
3/25/2023	Saturday	Idli, Vada (L), Puffed Rice, Samber, Chutney, Oats Porridge, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Rajma Masala, Dalcha, Bhindi Sambar, Garlic Rasam, Chapathi, Butter Milk, Pickle.	Sweet Sanjura, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Aloo Palak Dry, Black Dal, Samber, Green Leaves Rasam, Chapati, Curd, Pickle. Papad.
3/26/2023	Sunday	Poori, Chole, Khara Bhat, Chutney, Corn Flakes, Tea/Coffee/Milk.	Steam Rice, Boiled Rice, Jeera Rice, 3 Beans Masala, Dal Kolhapuri, Gram Rasam, Chapati, Curd (L), Pickle.	Onion Pakoda, ketchup, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Tendly Channa Dry, Palak Dal, Sambar, Tamarind Rasam, Chapathi, Curd, Pickle. Jalebi.
3/27/2023	Monday	Set Dosa, Tamarind rice, Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Veg Kadai, Dal Fry, Brinjal Sambar, Tomato Rasam, Methi Thepla, Curd(L), Pickle.	Madhur Vada, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice. Papaya Channa Masala, Bengali Kitchdi, Sambar, Rasam, Chapati, Curd(L), Pickle, Fryums.
3/28/2023	Tuesday	Mix Veg Paratha, Pongal, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Soya Butter Masala, Palak Dal, Samber, Pepper Rasam, Chapathi, Semiya Kheer, Pickle.	Pav Bhaji, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Veg Chilli Milli, Mint Dal, Sambar, Jeera Rasam, Methi Chapati, Curd (L), Salad, Pickle.

3/29/2023	Wednesday	Veg Idli, Vada (L), Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Peas Korma, Methi Pulao, Tadka Dal, Garlic Rasam, Ajwain Chapati, Raita, Pickle.	Ragda Chat, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Bhindi Do Pyaza, Black Dal, Sambar, Ginger Rasam, Chapathi, Curd(L), Pickle.
3/30/2023	Thursday	Masala Dosa, Tomato Rice, Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Aloo Gobhi Dry, Mix Dal, Drumstic Sambar, Rasam, Palak Chapathi, Curd(L), Pickle.	Samosa, Banana, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Channa Masala, Sambar, Poori, Badam Milk(L), Pickle.
3/31/2023	Friday	Upma, Peanut Poha, Chutney, Tea/ Coffee/Milk.	Steam Rice, Kerala Rice, Kadi Pakoda, Green Moong Dal, Mix Veg Sambar, Corriander Rasam, Chapati, Butter Milk, Pickle.	Bhel Puri, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice, Paneer Kurchan(L), Dal Makhani, Sambar, Rasam, Chapati, Curd, Pickle.
Note 1;- Fresh Juice & Choice of Eggs are Available on Ala-a-Carte.					
Note 2;- And Bread Toast or Cornflakes or Porridge can avail as Option against the regular breakfast					