



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 paratha, Curd, jam	cabbage poriyal, rajma masala, sambar	dal vada / assorted podi	mutter paneer,egg ghee roast masala,
	bread white & brown, Veg upma	chapathi,lemon rice, raitha	tea, coffee,milk	dal tadka , aloo jeera dry, lemon rasam
	tea, coffee ,milk, pickle	steamed rice & brown rice,		chapathi,pickle
	butter (limited), bournvita/boost (limited)	pickle		white rice,curd (limited)
TUESDAY	Pineapple sheera, Vermicelli pulao	Lauki dry subzi, dal palak, mix pulses masala	bread pakoda / Goli baje	chana masala, chow chow dry, Pepper Rasam
	Chutney, bread white & brown, jam	chapathi,steamed rice and	Chutney	dal kolhapuri,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	beetroot semi dry, soya mutter masala,dal methi	samosa, cookies/rusk	chicken patiyala, kadai paneer, yellow dal fry
	bread white & brown, jam	chapathi,steamed rice and brown rice	tomato sauce	aloo 65 , pickle
	tea, coffee,milk	pickle , salad	tea,coffee,milk	white rice,curd (l)
	butter (limited), bournvita/boost (limited)	Butter milk		mysore rasam
THURSDAY	mix veg parata, Veg kurma, pickle, jam	Padwal subzi dry, kadala curry ,sambar	Stuffed bun/Mini pizza	paneer mushroom masala, Egg chettinad, tomato Rasam
	bread white & brown, kara pongal	chapathi, steamed rice & brown rice, Kuska pulao	dry cake or banana cake	dal hyderabadi ,chapathi,dum aloo
	tea, coffee,milk,chutney	pickle, curd (L)	tea,coffee,milk	white rice, curd (l)
	butter (limited), bournvita/boost (limited)	lime & Mint juice		pickle,fresh green banana
FRIDAY	set dosa/Uttappam,sambar,chutney,	white karamani kurma, dal tadka,	macaroni / bhel puri	Veg fried rice/ gobi/veg manchurian gravy
	Masalapulao, bread white & brown, jam	chapathi,steamed rice&browen rice	milk	methi dal, ginger rasam
	tea, coffee,milk,	pickle, curd (L)	tea,coffee,	white rice,curd
	butter (limited), bournvita/boost (limited)	payasam		pickle.
SATURDAY	poori,aloo saagu,Wheat rava upma,chutney	yam chole subzi, more kulambu, aloo mutter masala	Pav baji / Vada Pav	tomato puppu,kadai veg, corianer rasam
	bread white & brown, jam	chapathi, steamed rice & browen rice	Chuney	chapathi,white rice,long beans dry
	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 baingan, methi dal, chole punjabi	veg puff	chicken biriyani ,chicken green masala, steamed rice
	bread white & brown, jam	chapathi,steamed rice,&browen 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, garlic 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 palak paratha, Curd, jam	Suran ki Subzi, karamani masala, sambar	Potato Podi/ dal vada	paneer Jalfrezi, egg chettinad,
	bread white & brown, tomato bath	chapathi, veg pulao, raitha	tea, coffee,milk	hara moong dal , aloo methi dry
	tea, coffee ,milk, pickle, chutney	steamed rice & brown rice,		chapathi,pickle , toamto rasam
	butter (limited), bournvita/boost (limited)	pickle		white rice,curd (limited)
TUESDAY	bisibele bath, Vermicelli pulao	mix veg poriyal, dal tadka, soya mutter masala	Bread pokoda /Goli baje	punjabi chole,chow-chow dry, lemon Rasam
	Chutney, bread white & brown, jam	chapathi,steamed rice and	tomato sauce / Chutney	chapathi, dal hyderabadi
	tea,coffee,milk	brown rice,pickle	tea, coffee,milk	white rice,
	butter (l), bournvita /boost(limited)	Payasam, curd (limited)		pickle, indian sweet (Limited)
WEDNESDAY	masala idly,vada, onion sambar,chutney	snake gourd dry, mixed pulses kurma,dal fry	samosa, cookies/rusk	chicken kundapura ,paneer baby corn kurma,
	bread white & brown, jam	chapathi,steamed rice and brown rice	tomato sauce	achari aloo dry , dal lauki, coriander rasam
	tea, coffee,milk	pickle , salad	tea,coffee,milk	white rice,curd (l)
	butter (limited), bournvita/boost (limited)	Butter milk		pickle
THURSDAY	mix veg parata, curd, pickle, jam	beetroot semi dry, kadale curry, sambar	Stuffed bun/Mini pizza	paneer tawa masala, egg curry ,ginger Rasam
	bread white & brown, chitranna	chapathi, steamed rice & brown rice, peas pulao	dry cake or banana cake	dal fry ,chapathi,
	tea, coffee,milk,chutney	raitha, curd (limited), pickle	tea,coffee,milk	white &brown rice, curd (l)
	butter (limited), bournvita/boost (limited)	lime juice		pickle,fresh cut watermelon slice
FRIDAY	set dosa/Uttappam,sambar,chutney,	aloo palak semi dry, rajma masala, dal kolhapuri	bhel puri / macorani	Veg schewan fried rice / dal methi
	Masalapulao, bread white & brown, jam	chapathi,steamed rice&browen rice	chutney,	gobi / veg manchurian gravy, mysore rasam
	tea, coffee,milk,	pickle, curd (limited),	tea,coffee,milk	white rice, curd (limited)
	butter (limited), bournvita/boost (limited)	payasam,		pickle.
SATURDAY	Chole,bhature,Wheat rava upma, chutney	cabbage poriyal,white pumkin kadi, aloo mutter	Pav baji/Vada Pav	Dal makhani,veg kholapuri, garlic rasam
	bread white & brown, jam	chapathi, steamed rice & browen rice	Chuney	chapathi,white rice, aloo chat pata
	tea, coffee,milk	pickle,	tea,coffee,milk	pickle,curd (l)
	butter (limited), bournvita/boost (limited)	salad,		Indian sweet (limited)
SUNDAY	masala dosa, sambar ,chutney	Aloo bhindi, punjabi rajma, dal fry	veg puff	chicken biriyani ,chicken masala , steamed rice
	bread white & brown, jam	chapathi,steamed rice,&browen 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	raitha, pickle, dal tadka, pepper 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.		
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