

JUNE- 2023- 1st & 3rd week

JUNE-2023- 2nd & 4th week



MAHE FOOD COURT MESS BASIC MENU FOR FIRST AND TH

	BREAKFAST 7.30 AM 9.30 AM	LUNCH 12.00 PM 2.00 PM
MONDAY	Aloo paratha, Curd, jam bread white & brown, Veg upma tea, coffee ,milk, pickle butter(L) bournvita/boost (limited)	Snack gourd, rajma masala, sambar Jeera chapathi, peas pulao, Raitha steamed rice & brown rice, Pickle
TUESDAY	Pineapple sheera, Vermicelli pulao Chutney, bread white & brown, jam tea,coffee,milk butter (l), bournvita (limited)	cabbage dry, methi mutter masala,dal methi chapathi,steamed rice brown rice,pickle, moong dal Payasam, curd (limited)
WEDNESDAY	idly, vada, sambar,chutney bread white & brown, jam tea, coffee,milk butter (limited), bournvita/boost (limited)	lauki subzi ,white karamani masala ,da masala chapathi,steamed rice and bro pickle, grren salad, Butter milk
THURSDAY	Mix veg Parata, curd, pickle, jam bread white & brown, Tomato Bath tea, coffee,milk,chutney butter (limited), bournvita/boost (limited)	aloo palak, kadala curry, ajwaini chap steamed rice & brown rice, kuska pula pickle,raitha,sambar lime & Mint juice
FRIDAY	Uttappam,sambar,chutney, Masalapulao, bread white & brown, jam tea, coffee,milk, butter (limited), bournvita/boost (limited)	soya mutter masala, mix veg poriyal, palak chapathi,steamed rice&browen r methi dal, pickle, curd (limited), vermicelli payasam
SATURDAY	poori, aloo saagu,Wheat rava upma, bread white & brown, jam, chutney tea, coffee,milk butter (limited), bournvita/boost (limited)	yam palya,lauki ki dal, mixed pulses ki ghee chapathi, steamed rice & browen pickle sports salad, curd (limited)
SUNDAY	masala dosa, sambar ,chutney bread white & brown, jam tea, coffee,milk,Beaten rice butter (limited), bournvita/boost (limited)	aloo bhindi dry ,pindi chole, masala da tawa paratha, steamed rice,&browen r pickle,pappad (limited) flavoured lassi (or)curd (limited)

NOTE: Apart from the basic menu nonvegetarian items made available as extra me as per availability / demand. Eggs to order will be made available as extra n Limited portion of butter, curd, pappad, sweet, and snacks will be served.