

NBQ & Indira Mess-Manipal Cafeteria Menu

Date		Breakfast	Lunch	Snacks	Dinner
1/6/23	Thursday	Masala Dosa, Tomato Rice, Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Veg Poriyal, Bagara Dal, Drumstic Sambar, Pepper Rasam, Palak Chapathi, Curd(L), Pickle.	Bhel Puri, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Guguni, Veg Dal, Sambar, Pooori, Badam Milk(L), Pickle.
2/6/23	Friday	Palak Parotha, Peanut Poha, Onion Tomato Sabji, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Kadi Pakoda, Dalcha, Mix Veg Sambar, Corriander Rasam, Chapati, Butter Milk, Pickle.	Shavige bath, Chutney Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Jeera Rice, Black Channa Masala, Tomato Gojju, Rasam, Chapati, Curd, Pickle.
3/6/23	Saturday	Ragi Dosa, Veg Upma, Samber, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Veg Chettinada, Ajwani Dal, Madras Sambar, Ginger Rasam, Coriander Chapathi, Curd Rice, Pickle.	Samosa, Ketchup Tea/Coffee/Milk(L).	Steam Rice, Boiled Rice, Paneer Koftha, Dal Makhani, Bhindi Sambar, Tomato Rasam, Chapathi, Cut Fruit, Pickle.
4/6/23	Sunday	Chole Masala, Batura Masala Rice, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Tomato Peas Curry, Veg Dal, Horse Gram Sambar, Rasam, Missi Roti, Curd(L), Pickle.	Dabeli Pav, Tea/Coffee/Milk(L).	Steam Rice, Brinjal Salan, Bread Biryani, Methi Dal, Rasam, Chapathi, Raita, Gulab Jamoon, Pickle.
5/6/23	Monday	Onion Dosa, Tamarind rice, Sambar, Chutney, Tea/Coffee/Milk	Steam Rice, Kerala Rice, Veg Corn Pulao, Aloo Rajma Masala, Plak Dal, Tomato Rasam, Methi Thepla, Raita, Pickle.	Dal Vada, Chutney, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Veg Angara, Mix Dal, Betroot Sambar, Mint Rasam, Chapati, Curd(L), Pickle, Fryums.
6/6/23	Tuesday	Mix Paratha, Semiya Upma, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Soya Butter Masala, Dalcha, Potato Samber, Pepper Rasam, Chapathi, Semiya Kheer, Pickle.	Onion Pakoda, Chutney, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Dal Kitchdi, Veg Chilli Milli, Sambar, Jeera Rasam, Methi Chapati, Curd (L), Pickle.
7/6/23	Wednesday	Kanchipuram Idli, Palak Vada (L), Sambar, Chutney, Tea/Coffee/Milk.	Steam Rice, Raddish Korma, Chole Biryani, Tadka Dal, Garlic Rasam, Ajwain Chapati, Raita, Pickle.	Ela Ada, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Aloo Palak Dry, Black Dal, Sambar, Ginger Rasam, Chapathi, Fryums, Curd(L), Pickle.
8/6/23	Thursday	Kachipuram Idli, Mysore Bonda, Samber, Chutney, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Kadi Pakoda, Beetroot Poriyal, Drumstic Sambar, Mint Rasam, Methi Thepla Payasam, Pickle.	Kerala Paratha, Kohrma, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Soya Butter Masala, Jeera Dal, Sambar, Rasam, Chapati, Curd, Salad, Pickle
9/6/23	Friday	Plain Dosa, Peanut Poha, Samber, Chutney, 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, Pooori, Curd, Pickle.
10/6/23	Saturday	Mix Veg Paratha, Puffed Rice, Chutney, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Aloo Jeera Dry, Brinjal Sambar, Dal Rasam, Ajwain Chapati, Butter Milk, Pickle.	Kachori, Chutney, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Paneer Methi Masala(L) Dal Makhani, Sambar, Rasam, Coriander Chapati, Curd, Pickle, Fruits.
11/6/23	Sunday	Masala Dosa, Veg Idli, Samber, Chutney, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Veg Biryani, Navarathna Khorma, Dal Kolhapuri, Rasam, Chapati, Raita, Lemon Juice, Pickle.	Bread Pakoda, Chutney, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Tendly Channa Dry, Dal Panchmel, Rasam, Chapati, Pickle, Jalebi, Rabdi.
12/6/23	Monday	Onion Uthapam, Sambar, Chutney, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Rajma Masala, Cabbage Poriyal, Sambar, Mint Rasam, Palak Chapati, Curd, Pickle.	Pav Bhaaji Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Aloo Baingan Dry, Capcicum Rice, Jeera Dal, Rasam, Chapati, Curd, Pickle, Fryums.
13/6/23	Tuesday	Idli, Vada, Samber, Chutney, Tea/Coffee/Milk,	Steam Rice, Kerala Rice, Mirchi Brinjal Masala, Soya Biryani, Dal Tadka, Pepper Rasam, Methi Chapati, Raita, 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.
14/6/23	Wednesday	Semiya Upma, Poha Mint Chutney, 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.
15/6/23	Thursday	Masala Dosa Bisi Bele Bath, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Mix Veg Dry, Jeera Dal, Sambar, Rasam, Chapathi, Butter Milk, Pickle, Papad.	Samosa, Tomato Ketchup, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Black Channa Masala, Bengali Kichadi, Sambar, Lemon Rasam, Chapati, Cut Fruits(L), Pickle.

16/6/23	Friday	Veg Idli, Vada (L), Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Gobi Capsicum Masala, Ginger Dal, Samber, Rasam, Chapati, Curd Rice, Pickle.	Sweet Buns,Chutney, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Veg diwani Handi, Coconut Dal, Samber, Rasam, Chapati,Curd,Pickle.
17/6/23	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.	Katti Roll, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Aloo Paneer Chilly, Dal, Samber, Rasam, Curd(L), Pickle.
18/6/23	Sunday	Poori, Tamrind Rice, Veg Saagu, Tea/Coffee/Milk.	Steam Rice, Methi Mutter Masala, Jeera Rice, Dal Tadka, Rasam, Chapathi, Curd(L), Pickle.	Mix veg Pakoda, Chutney Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Tawa Veg Curry, Bagara Dal, Samber, Rasam, Chapathi, Sweet, Pickle.
19/6/23	Monday	Aloo Paratha, Vangi Bath, Samber Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Rajma Rasila, Padwal Poriyal, Samber, Rasam,Ajwain 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.
20/6/23	Tuesday	Shemiya Upma, Aloo Poha, Chutney, Tea/Coffee/Milk.	Steam Rice,Kerala Rice,Veg Kohrma, Soya Biriyani, Dal Tadka, Rasam,Methi Chapathi, Raita, Pickle.	Moong Cheela, Chutney Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Veg Chetinada, Garlic Dal, Sambar, Rasam, Chapati, Curd (L), Pickle.
21/6/23	Wednesday	Ravva Idly, Mysore Bajji, Samber, Chutney, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Aloo Karikari, Mix Dal, Samber, Rasam, Chapati, Payasam, Pickle, .	Jhal Muri Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice, Chole Masala, Samber, Ginger Rasam,Poori, Curd(L), Pickle.
22/6/23	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	Sezchwan Pasta, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice,Veg Chlli Milli,Mix Dal, Sambar, Lemon Rasam, Palak Chapati, Curd, Salad,Pickle.
23/6/23	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.	Masala Puri, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice,Mix Veg Fried Rice,Veg BallManchurian.Da Fry,Sweet Corn Soup, Pickle.Banana.
24/6/23	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.	Masala Vada, Chutney, Tea & Coffee, Milk(L).	Steam Rice, Kerala Rice,Aloo Palak Dry,Black Dal, Samber, Green Leaves Rasam, Chapati, Curd, Pickle.Papad.
25/6/23	Sunday	Poori, Chole,Khara Bhath, Chutney, Corn Flakes, Tea/Coffee/Milk.	Steam Rice, Boiled Rice,Jeera Rice,3Beans 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.
26/6/23	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.
27/6/23	Tuesday	Aloo Paratha,Veg 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.
28/6/23	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.
29/6/23	Thursday	Ragi Dosa,Semiya Upma, Sambar,Chutney, Tea/Coffee/Milk	Steam Rice, Kerala Rice,Veg Poriyal,Bagara Dal, Drumstic Sambar,Pepper Rasam, Palak Chapathi, Curd(L), Pickle.	Maddur vada, Chutney, Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice,Guguni, Veg Dal,Sambar,Poori,Badam Milk(L),Pickle.
30/6/23	Friday	Palak Parotha,Puffed rice,Onion Tomato Sabji, Tea/Coffee/Milk.	Steam Rice, Kerala Rice, Kadi Pakoda,Dalcha, Mix Veg Sambar, Corriander Rasam, Chapati, Butter Milk, Pickle.	Samosa, Tomato Ketchup Tea/Coffee/Milk(L).	Steam Rice, Kerala Rice,Jeera Rice,Black Channa Masala, Tomato Gojju, Rasam,Chapati,Curd, Pickle.

Menu Subject to Change on Availability