

### **Mess-1 Menu (Effective from 03/09/2024)**

<b>DAY</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	Poha Jalebi Sev, Chopped Onion, Lemon, Sprouts.	Lauki Chana sabji, Plain Roti, Plain Rice, Curd, Arhar dal.	Veg Kofta, Plain Roti, Dal Makhani, Plain Rice, Boondi.
<b>Tuesday</b>	Medu Vada, Coconut Chutney, Sambhar, Chana & Sprouts.	Bhindi Fry, Arhar Dal fry, Tomato Rice, Chapati, Boondi Raita.	Mix Veg, Masoor Dal, Jeera Rice, Chapati, Sooji Halwa/Custard.
<b>Wednesday</b>	Pav Bhaji, chopped onion, sprouts.	Sev Tamatar, Masoor Dal, Chapati, Roasted Papad, Rice, Curd.	Paneer Do-Pyaza, Sambhar, Chapati, Plain Rice, Moong Dal Halwa.
<b>Thursday</b>	Idli Sambhar, Coconut Chutney, Sprouts.	Chole Poori, Rasum, Plain Rice, Boondi Raita.	Tava veg, Moong Dal Tadka, Plain Rice, Chapati, Paiesum/Sevaiyaan.
<b>Friday</b>	Veg Cutlet, Tomato Sause, Sprouts.	Masoore Dal, Plain Rice, Chapati, Papad, Turai sabji, Curd.	Mutter Panner, Arhar Dal Tadka, Jeera Rice, Chapati, Fryums.
<b>Saturday</b>	Masala Dosa, Sambhar, Coconut Chutney, sprouts.	Rajma, Plain Rice, Plain Paratha, Papad, Aalu-Mutter sabji, Curd.	Soya aalu, Chapati, Plain Rice, Rasum, Ice Cream.
<b>Sunday</b>	Aalu Paratha, Curd, Green Chutney, Sprouts.	Kadhi Pakoda, Chana masala, Plain Rice, Chapati, Fryums.	Kadhai Paneer, Chapati, Veg Dum Biryani, Gulabjamun, Raita.

#### **NOTE: Common Items:**

- In Breakfast: Bread, Amul Butter, Jam, Tea, Milk, Sprouts.
- In Lunch and Dinner: Nillon's pickle (mango/Red Chilly), Salad (Any Two): Onion, Tomato, Beat Root, Cucumber.  
Lemon, Fried Chilly, Curd/Raita.
- Sick Diet, Fasting food are available on demand with valid reasons.
- Bread and Jam won't be available on the day Pav Bhaji will be served.
- Breakfast Timings: 7:30 AM TO 9:30AM Monday to Friday, and 8 AM TO 10 AM on Weekends.
- Lunch Timing: 12:00 PM to 2:30 PM, Monday to Friday and 12:30 PM TO 3:00 PM on Weekends.
- Dinner Timing: 7:30 PM to 9:30 PM.

**FIC**  
**(Central Mess, IITDMJ)**

**Convenor(s)**  
**(Student Mess Committee)**