

### **Mess-2 Menu (Effective from 05/08/2024)**

<b>DAY</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	Poha Jalebi Sev, Chopped Onion, Lemon, Boiled eggs, Sprouts.	Lauki Chana sabji, Plain Roti, Plain Rice, Curd, Paalak dal.	Mutter Paneer, Plain Roti, Dal Makhani, Plain Rice, Boondi.
<b>Tuesday</b>	Medu Vada, Coconut Chutney, Sambhar, Chana & Sprouts.	Rajma, Plain Rice, Plain Paratha, Papad, Aalu-Mutter sabji, Curd.	Baingan Bharta, Chapati, Plain Rice, Arhar Dal Tadka, Banana Sheera/Custard.
<b>Wednesday</b>	Pasta, Tomato sause, sprouts.	Sev Tamatar, Arhar Dal fry, Chapati, Roasted Papad, Rice, Curd.	Egg masala, Sambhar, Chapati, Plain Rice, Moong Dal Halwa.
<b>Thursday</b>	Idli Sambhar, Coconut Chutney, Sprouts.	Chole Poori, Rasum, Plain Rice, Boondi Raita.	Aalu Bhujia Fry, Moong Dal Tadka, Plain Rice, Chapati, Paiesum/Sevaiyaan.
<b>Friday</b>	Veg Cutlet, Tomato Sause Green Chutney, Boiled eggs, Sprouts.	Chanaa Dal, Plain Rice, Chapati, Papad, Laal Bhaaji, Curd.	Chicken dum biryani, Boondi Raita, Sherwa curry, Fryums.
<b>Saturday</b>	Masala Dosa, Sambhar, Coconut Chutney, sprouts.	Bhindi Fry, Arhar Dal fry, Lemon Rice, Chapati, Boondi Raita.	Mix Veg, Masoor Dal, Jeera Rice, Chapati, Ice Cream.
<b>Sunday</b>	Aalu Paratha, Curd, Green Chutney, Boiled eggs, Sprouts.	Kadhi Pakoda, Chana masala, Plain Rice, Chapati, Fryums.	Chicken chilly wet, Tawa Veg, 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, Beet Root, Cucumber, Carrot.  
Lemon, Fried Chilly, Curd/Raita.
- Sick Diet, Fasting food are available on demand with valid reasons.
- 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)**