

Mess-2 Menu (Effective from 03/09/2024)

DAY	Breakfast	Lunch	Dinner
Monday	Poha Jalebi Sev, Chopped Onion, Lemon, Boiled eggs, Sprouts.	Lauki Chana sabji, Plain Roti, Plain Rice, Curd, Arhar dal.	Cabbage aalu mutter, Plain Roti, Dal Makhani, Plain Rice, Boondi.
Tuesday	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.
Wednesday	Pav Bhaji, chopped onion, sprouts.	Sev Tamatar, Arhar Dal fry, Chapati, Roasted Papad, Rice, Curd.	Egg masala, Chapati, Plain Rice, Sambhar, Moong Dal Halwa.
Thursday	Idli Sambhar, Coconut Chutney, Sprouts.	Chole Poori, Rasum, Plain Rice, Boondi Raita.	Tava veg, Moong Dal Tadka, Plain Rice, Chapati, Paiesum/Sevaiyaan.
Friday	Veg Cutlet, Tomato Sause, Boiled eggs, Sprouts.	Masoore Dal, Plain Rice, Chapati, Papad, Turai sabji, Curd.	Chicken dum biryani, Boondi Raita, Sherwa curry, Fryums.
Saturday	Masala Dosa, Sambhar, Coconut Chutney, sprouts.	Rajma, Plain Rice, Plain Paratha, Papad, Aalu-Mutter sabji, Curd.	Soya aalu, Chapati, Plain Rice, Arhar Dal Tadka, Ice Cream.
Sunday	Aalu Paratha, Curd, Green Chutney, Boiled eggs, Sprouts.	Kadhi Pakoda, Chana masala, Plain Rice, Chapati, Fryums.	Chicken gravy, 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)