

Central Mess, IIITDM Jabalpur

Date: 05-07-2023

Menu

Day/Meal	Breakfast	Lunch	Dinner
Monday	Bread Pakoda, Tomato Sauce, Green chutney, Sprouts	Zeera Aloo, Razma Sabji, Plain Paratha, Plain Rice, Dahi, Potato Chips/Fryums	Soya Chilli, Arhar Dal Tadka, Plain Rice, Chapati, Ice-Cream
Tuesday	Idli-Sambhar, Nariyal Chutney, Sprouts	Matar Paneer, Dal makhani, Plain Rice, Chapati, Dahi Vada	Tawa Veg, Arhar Dal Tadka, Chapati, Veg Biryani, Boondi Raita
Wednesday	Poha Jalebi, Sev, Chopped Onion, Lemon, Sprouts	Chole-Puri, Arhar Dal Tadka, Plain Rice, Boondi Raita, Chapati	Chilli Potato, Channa Dal, Plain Rice, Rasam, Papad, Nariyal barfi
Thursday	Sambhar Vada, Sambar, Nariyal Chutney, Sprouts	Aloo-Shimla, Arhar Dal Tadka, Plain Rice, Chapati	Paneer Tikka Masala, Arhar Dal, Plain Rice, Chapati, Rasam, Moong Dal Halwa
Friday	Pasta/Pav Bhaji, Tomato Sauce, Sprouts	Channa Masala (Dry), Kadhi Pakoda, Jeera Rice, Chapati.	Paneer bhurjee, Masoor Dal, Jeera Rice, Chapati, Balushahi
Saturday	Dosa, Sambhar, Nariyal Chutney, Sprouts	Chole-Bhatore, Boondi Raita, Plain Rice, Rasam.	Baigan bharta, Dal Makhni, Fruit Custurd, Chapati, Jeera Rice
Sunday	Aloo Paratha (Onion), Dahi, Green Chutney, Sprouts	Sev tamatar, Arhar dal tadka, Tomato Rice, Chapati, Fryums	Paneer Butter Masala, Chapati, Veg Manchurian, Fried Rice, Gulab-Jamun

NOTE:

Common items

- In Breakfast: Toasted Bread, Amul Butter, Jam, Tea, Milk, Sprouts (Chana and Moong dal)
- In Lunch and Dinner: Nillon's Pickle, (Mango/Red chili), Onion, Lemon, Fried chilly, Tomato/Beat Root/Cucumber
- Dahi/Raita, Halwa, Ice-Cream, Paneer bhurjee will be served only once.
- Gulab-Jamun (One large piece)
- Sick diet and Fast food are available on demand with valid reasons.

Breakfast timing: 7:30 AM to 9:30 A.M, Monday to Friday, and 8 AM to 10 A.M on Weekends

Lunch Timing: 12:30 PM to 2:30 P.M, Monday to Friday, and 1:00 to 3:00 P.M on Weekends

Dinner Timing: 7:30 to 9:30 P.M

FIC
(Central Mess, IIITDMJ)

Convenor(s)
(Student Mess Committee)