

## Proposed Menu for Pondicherry University Ilango-Adigal (Research Scholar- Boys) Hostel Mess- 8 Feb2021

EXTRA ITEMS On PAYMENT/COUPON BASIS							
DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> [7:30 – 9:30]	BOILED EGG, BANANA, OMLET, CORN FLAKES, SPROUTS, OATS Fresh fruit Juices	BOILED EGG, BANANA, OMLET, CORN FLAKES, SPROUTS, OATS, Fresh fruit Juices	MASALA DOOSA ONION DOSA BOILED EGG, BANANA, OMLET, CORN FLAKES, SPROUTS, OATS Fresh fruit Juices	BOILED EGG, BANANA, OMLET, CORN FLAKES, SPROUTS, OATS, Fresh fruit Juices	BOILED EGG, BANANA, OMLET, CORN FLAKES, SPROUTS, OATS, Fresh fruit Juices	BOILED EGG, BANANA, OMLET, CORN FLAKES, SPROUTS, OATS, Fresh fruit Juices	IDLY FRY MASALA BOILED EGG, BANANA, OMLET, CORN FLAKES, SPROUTS, OATS, Fresh fruit Juices
<b>LUNCH</b> [12:30 - 2:30]	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), EGG MASALA, NOODLES (VEG./NON. VEG.)	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN/SALAD (MIX VEG.), BHINDI MASALA, MUSHROOM MASALA	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), BRINJAL MASALA, NOODLES (VEG./NON. VEG.)	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), GOBHI MASALA,	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), GOBHI 65	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, GULAB JAMUN, SALAD (MIX VEG.), EGG MASALA, NOODLES (VEG./NON. VEG.)	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), KADAI CHICKEN MASALA, SAHI PANEER MASALA
<b>DINNER</b> [7:30 - 9:30]	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), CHICKEN 65, BUTTER CHICKEN MASALA, BUTTER PANEER MASALA	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), MALAI KOFTA	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), CHILI CHICKEN MASALA, MUSHROOM BUTTER MASALA	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), PAYASAM, KESARI	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), CHICKEN CHETTINAD MASALA, PALAK PANEER	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), BHINDI MASALA	OMLET, MIXED FRUITS BOWL, JUICE, ICE-CREAM, EGG BHURJI, GULAB JAMUN, SALAD (MIX VEG.), CUSTARD,

### Quantity expected per serving

- RICE → 200g (RAW RICE PER Serving)
- CURD → 100ml (3% Fat with undiluted milk)
- ADD ON VEGETABLES (DRY/GRAVY) → 100g +50g GRAVY
- CHICKEN → 100g CHICKEN +50g GRAVY
- DAL/SAMBAR → 150 ml
- MILK → 150ml
- PAPAD → 1 (7-8")
- Fresh Juices =300 ml
- Ice-cream-150 ml Cup
- Gulab Jamun: 100g (2 piece)
- Payasam: 150 gm ( 50 gm Rice/semiya) +100ml Milk with dry fruits topping
- Banana: 100 gm
- Mix Fruit Bowl/ Custard : 150 gm
- Noodles: 250 gm

*Handwritten signature*  
22/02/2021

## Proposed Menu for Pondicherry University Ilango-Adigal (Research Scholar- Boys) Hostel Mess- 8 Feb2021

BASIC MESS MENU							
DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> [7:30 – 9:30]	WHEAT BREAD TOASTED/ PLAIN (6) JAM (10 g) CHANNA MASALA MILK (150 mL) with COFFEE POWDER/Tea Bag and Sugar Separate	POORI 4" (6) ALOO MASALA (150 g) MILK (150 mL) with COFFEE POWDER/ Tea Bag and Sugar Separate	DOOSA (4) SAMBAR GROUNDNUT CHUTNEY MILK (150 mL) with COFFEE POWDER/ Tea Bag and Sugar Separate	MIX VEG RICE KICHADI / PONGAL (200 g) SAMBAR COCONUT CHUTNEY DHAL VADA (1 x 40 g) MILK (150 mL) with COFFEE POWDER Tea Bag and Sugar Separate	POORI 4" (6) CHANNA MASALA (150 g) MILK (150 mL) with COFFEE POWDER/ Tea Bag and Sugar Separate	ALOO PARANTHA (3 x 100 g) CURD (100 mL), PICKLE, MILK (150 mL) with COFFEE POWDER /Tea Bag and Sugar Separate	IDLY (6 x 50 g) MEDHU VADA (1 x 40 g) SAMBAR ONION TOMOTO CHUTNEY MILK (150 mL) with COFFEE POWDER/ Tea Bag and Sugar Separate
<b>LUNCH</b> [12:30 - 2:30]	CHAPPATHI (2 x 60 g) BOILED RICE MIXED DAL FRIED POTOTO MASALA (100g) PEPPER RASAM PAPPAD (1) CURD (100mL), PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE AVIYAL (100g) SAMBAR DAL RASAM PAPPAD (1) CURD, PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE MASOOR MONG DAL Bhindi MASALA (100g) TOMOTO RASAM PAPPAD (1) CURD, PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE BEETROOT PORIYAL (100g) MIX VEG SAMBAR PEPPER RASAM PAPPAD (1) CURD, PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE RAJMA (100g) PLANTAIN FRY (100g) DAL RASAM PAPPAD (1) CURD, PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE BROAD BEAN FRY (100g) MOONG DAL TOMOTO RASAM PAPPAD (1) CURD, PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE SAMBAR YAM / PUMKIN FRY PEPPER RASAM PAPPAD (1) CURD, PICKLE
<b>DINNER</b> [7:30 - 9:30]	CHAPPATHI (2 x 60 g) BOILED RICE BRINJAL VEG MASALA (100g) SAMBAR BUTTERMILK PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE ALOO SOYA CHUNKS- MASALA CURRY (100g) TOOR DAL FRY PEPPER RASAM PICKLE	CHAPPATHI (2 x 60 g) CHICKEN BRIYANI / MUSHROOM/GOBHI 65 -BRIYANI (250g) BOILED RICE SAMBAR BUTTERMILK PICKLE, FRIED PAPPAD (APPALAM)	CHAPPATHI (2 x 60 g) BOILED RICE VEG. KURUMA (100g) MIXED DAL TOMOTO RASAM PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE ALOO GOBHI MASALA (100g) SAMBAR BUTTERMILK PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE MIX VEG CURRY (100g) MASOOR DAL PEPPER RASAM PICKLE	CHAPPATHI (2 x 60 g) BOILED RICE CHOLA MASALA (100g) SAMBAR DAL RASAM PICKLE
<b>ADDITIONAL SERVING IF REQUIRED OVER AND ABOVE THE ITEM SERVED IN BASIC FOOD MENU WILL BE ON PAYMENT/COUPON BASIS</b>							

*Alex Dhanu*  
24/02/2021