

PONDICHERY UNIVERSITY
MADAME CURIE MESS (2019-2020) (Research Scholar - Girls Hostel)
PH.D SCHOLARS MESS

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAK FAST (7.30-9.30AM)	Masal Dosa/ Set Dosa (alternative weeks) Coconut chutney, Sambar	Poori/Bhature(2) White peas potato curry/choley	Aloo Paratha/Gobhi paratha/onion paratha/paneer paratha Tomatto Chutney	Idiuppam Black Channa curry	Upma/Pongal/Khichdi Medu vada ,Coconut chutney (alternative weeks) Sambar	Bread Toast Veg: Amul Butter (5 Rs. Pack) N.Veg: Omelet Common: Banana, Kala Channa curry	Idli , Vada Coconut chutney/Groundnut chutney Sambar
LUNCH (12.30-2.30PM)	Daal (Bengal Gram) Dry Binndi Fry Chappathi White Rice Rasam curd, Vegetable salad	Veg Sambar/ dalma (Alternate week) Carrot, Beans cauliflower dry fry/ Kobakai Poriyal (altenative weeks) Chappathi White Rice rasam buttermilk	Mixed Daal Keera Kuttu / Bottle Guard Kuttu / Banana fry /Garden peas curry/Beans fry (altenative weeks) Chappathi White Rice Rasam Curd, salad	Besan kadhi + 2 pakodas/moru curry with ladies finger fry Beetroot Poriyal/ Snake guard poriyal (altenative weeks) Chappathi White Rice Rasam Masoor Daal	Kara Kuzhambu yam dry curry / Mix veg poriyal (altenative weeks) Chappathi White Rice Rasam Buttermilk	Tomatto/ Curd Rice (alternative weeks) Cauliflower & Potato dry curry Chappathi White Rice Rasam curd	Veg: Veg Briyani with soyabean & Paneer capsicum gravy (4 pieces per head) - each one 2 inches size N. Veg: Chicken Briyani &Chicken gravy Common: Potato Fry Chappathi White Rice Rasam Raita
DINNER (7.30-9.30PM)	Veg Pulao Chilli gobhi/Gobhi manchurian/cabbage manchurian(Semi gravy) Rajma Daal (alternat weeks) Pulka White Rice Rasam	Veg: Veg kofta N. Veg: Egg with gravy(paneer gravy style) moong daal Pulka White Rice salad Fruit custard	Veg: Mushroom Masala N. Veg: Chiken Chettinad Daal Pulka White Rice Rasam Buttermilk	Matar Paneer (4 pieces per head)- each one 2 inches size pyasam/Keshsari Methi Paratha White Rice Mix Daal salad	Veg: Kadai Veg curry with paneer N. Veg: Egg Curry Daal Pulka White Rice Rasam banana	Seasonal mix vegetable curry/ Soyabean chunks curry Mix Daal/Sambar (alternative weeks) Pulka White Rice Rasam,salad gulab jamun	Pudina Rice/Lemon rice(alternative weeks) Aloo- Mutter Semi Gravy Pulka White Rice Rasam Fruit salad

* Morning - Tea, Milk & Coffee(decoction)

* Evening - Tea, Milk & Coffee decoction (4.30 p.m. to 6.30 p.m.), Snacks - Boiled channa ,Biscuits, Boiled Peanut/ Medu vada/Samosa/Aloo Bonda/ banana and Simla mirchi vajji

* Appalam and Pickle to be provided in lunch everyday except sunday.

Add ons (On payment Basis) - Break fast(Sprouts, Omlet, Corn flakes, Banana, Oats)

Lunch/ Dinner - egg curry , egg bhurji,Mixed fruit bowl,

Mushroom masala, Fish fry, Gobhi masala , Ice cream, Fruit juice
Rice- 150 gm per person, Curd - 100ml, Chicken - 100gm + 50 gm Gravy, Paneer - 50 gm

Handwritten signature and date: 22/01/2021