

Proposed Menu for Pondicherry University Ilango-Adigal (Research Scholar- Boys) Hostel Mess- Regular Menu @ Rs.76/- per day

BASIC MESS MENU							
DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST [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
LUNCH [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
DINNER [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
ADDITIONAL SERVING IF REQUIRED OVER AND ABOVE THE ITEM SERVED IN BASIC FOOD MENU WILL BE ON PAYMENT/COUPON BASIS							

Alok Sharan
29/03/2022