

**PONDICHERY UNIVERSITY**

**MADAME CURIE MESS (Research Scholar - Girls Hostel) - Regular Menu @ Rs.71/-**

**PH.D SCHOLARS MESS**

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAK FAST</b>	Masal Dosa/ Set Dosa (alternative weeks)	Poori/Bhature(2)	Aloo Paratha/Gobhi paratha/onion paratha/paneer paratha	Idiuppam	Upma/Pongal/Khichdi	Bread Toast	Idli , Vada
<b>(7.30-9.30AM)</b>	Coconut chutney,  Sambar	White peas potato curry/choley	Tomatto Chutney	Black Channa curry	Medu vada ,Coconut chutney (alternative weeks)  Sambar	<b>Veg:</b> Amul Butter (5 Rs. Pack)  <b>N.Veg:</b> Omelet <b>Common:</b> Banana, Kala Channa curry	Coconut chutney/Groundnut chutney  Sambar
<b>LUNCH</b>							<b>Veg:</b> Veg Briyani with soyabean & Paneer capsicum gravy (4 pieces per head) - each one 2 inches size <b>N. Veg:</b> Chicken Briyani &Chicken gravy  <b>Common:</b> Potato Fry
<b>(12.30-2.30PM)</b>	Daal ( Bengal Gram)  Dry Binndi Fry  Chappathi White Rice Rasam curd, Vegetable salad	Veg Sambar/ dalma (Alternate wee  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	Beṣan 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	Chappathi White Rice Rasam Raita
<b>DINNER</b>							<b>Pudina Rice/Lemon rice(alternative weeks)</b>  <b>Aloo- Mutter Semi Gravy</b>
<b>(7.30-9.30PM)</b>	Veg Pulao  Chilli gobhi/Gobhi manchurian/cabbage manchurian( Semi gravy)  Rajma Daal (alternate weeks) Pulka White Rice Rasam	<b>Veg: Veg kofta</b>  <b>N. Veg:</b> Egg with gravy(paneer gravy style)  moong daal  Pulka White Rice salad Fruit custard	<b>Veg: Mushroom Masala</b>  <b>N. Veg:</b> 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	<b>Veg:</b> Kadai Veg curry with paneer  <b>N. Veg:</b> 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	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

*Alok Datta*  
29/03/2022