

## Proposed Menu for Pondicherry University Ilango-Adigal (Research Scholar- Boys) Hostel Mess – Extra Items

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

*Atok Shree*  
29/03/2022