

Pondicherry University  
 Hango Adigal Hostel Men  
 Ph.D. Scholars Men Menu (2022-23)

A. S. S. S.  
 05/06/2022

Basic mess menu							
Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> [7:30 - 9:30]	Wheat bread toasted or plain (6) Jam & butter(10 g) Banana & egg (1) Channa masala Milk (150 ml) with tea, coffee powder	Poori 4" (6) Aloo masala (150 g) Milk (150 ml) with tea, coffee powder	Doosa (4) Sambar Groundnut chutney Milk (150 ml) with tea, coffee powder	Upma / pongal (200 g) Sambar Coconut chutney Banana or egg(1) Milk (150 ml) with tea, coffee powder	Poori 4" (6) Channa masala (150 g) Milk (150 ml) with tea, coffee powder	Onion uthappam 2(100 g) Sambar Tomato/groundnut chutney Milk (150 ml) with tea, coffee powder	Idly (6 x 50 g) Medhu vada (1 x 40 g) Sambar Onion tomato chutney Milk (150 ml) with tea, coffee powder
<b>Lunch</b> [12:30 - 2:30]	Chappathi (2 x 60 g) Boiled rice Mixed dal Fried potato masala (100g) Pepper rasam Pappad (1) Curd (100ml), pickle	Chappathi (2 x 60 g) Boiled rice Aviyal (100g) Sambar Rasam Pappad (1) Curd, pickle	Chappathi (2 x 60 g) Boiled rice Masoor mong dal Bhindi masala (100g) Pappad (1) Curd, pickle	Chappathi (2 x 60 g) Boiled rice Carrot beans poriyal /cabbage(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 Beetroot poriyal(100g) Moong dal Tomoto rasam Pappad (1) Curd, pickle	Chappathi (2 x 60 g) Boiled rice Sambar Egg masala / potato 65(100g) Sambar Rasam Pappad (1) Pickle
<b>Dinner</b> [7:30 - 9:30]	Chappathi (2 x 60 g) Boiled rice Gobi 65 masala (100g) Sambar Rasam Pickle	Chappathi (2 x 60 g) Boiled rice Soya chunks- masala curry (100g) Toor dal fry Pepper rasam Pickle	Chappathi (2 x 60 g) Boiled rice Chicken briyani / paneer (150g) Sambar Rasam Pickle	Chappathi (2 x 60 g) Boiled rice Mixed dal Veg. Kuruma (100g) Tomoto rasam Pickle	Chicken/mushroom biriyani Chappathi (2 x 60 g) Boiled rice Rasam Raitha Pickle	Chappathi (2 x 60 g) Boiled rice Aloo gobi masala (100g) Masoor dal Pepper rasam Pickle	Variety rice Chappathi (2 x 60 g) Buttermilk(100g) Chola masala (100g) Sambar Pickle

Note

Rice =200g( raw rice per head)

Papad(6")=1 per head

Chappathi(6")= 2 per head

Thick curd= without adding water

Banana=5 inch

Chief warden

R. P. S. S.  
 Mess warden  
 28/06/22  
 (warden)

Mess representative & committee members

A. S. S. S.  
 S. S. S. S.  
 28/06/2022

Department  
 of  
 Biotechnology