

**PONDICHERY UNIVERSITY
MADAME CURIE MESS
P.H.D SCHOLARS MESS MENU(2022-2023).**

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 (alternative weeks) White peas potato curry / choley	Aloo Paratha / Gobhi paratha/ onion paratha/paneer paratha (alternative weeks) Tomatto Chutney	Idiyappam Black Channa curry	Upma/Pongal/Khichdi (alternative weeks) Medu vada , Coconut chutney Sambar	Bread Toast Veg: Amul Butter (5 Rs.Pack) N.Veg: Omelet Common: Banana, Kaia Channa curry	Idli , Vada Coconut chutney/ Groundnut chutney (alternative weeks) Sambar
LUNCH (12.30-2.30PM)	Daal (Bengal Gram) Dry Binndi Fry Chappathi White Rice Rasam Curd	Veg Sambar/ dalma (alternative weeks) Carrot, Beans cauliflower dry fry/ Kovakai 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	Besan kadhi + 2 pakodas/ moru curry with ladies finger fry(alternative weeks) Beetroot Poriyal/Snake guard poriyal (altenative weeks) Chappathi White Rice Rasam Masoor Daal	Kara Kuzhambu Yam dry curry /Mixveg 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 (alternate weeks) Pulka White Rice Rasam	Veg: Veg kofta N. Veg: Egg with gravy(paneer gravy style) Moong daal Pulka White Rice Rasam	Veg: Mushroom Masala N. Veg: Chiken Chettinad Daal Pulka White Rice Rasam, Buttermilk	Matar Paneer (4 pieces per head)- each one 2 inches size Mix Dhal Methi Paratha White Rice Rasam	Veg: Kadai Veg curry with paneer N. Veg: Egg Curry Daal Pulka White Rice Rasam	Seasonal mix vegetable curry/ Soyabean chunks curry Mix Daal/Sambar (alternative weeks) Pulka White Rice Rasam, Gulab Saman	Pudina Rice/Lemon rice (alternative weeks) Aloo- Mutter Semi Gravy Pulka White Rice Rasam


- 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 vaji
- Pappad and Pickle to be provided in lunch everyday except sunday.






Add ons (On payment Basis) :

- Breakfast -Sprouts, Omelet, Corn flakes, Banana, Oats
- Lunch/ Dinner -Egg curry , egg bhurji,Mixed fruit bowl, Mushroom masala, Fish fry, Gobhi masala , Ice cream, Fruit juice

Note:- Rice- 150 gm per person, Curd - 100ml, Chicken - 100gm + 50 gm Gravy, Paneer - 50 gm


CHIEF WARDEN
PONDICHERY UNIVERSITY
PUDUCHERRY - 605 014.


WARDEN
MADAME CURIE HOSTEL
PONDICHERY UNIVERSITY
PUDUCHERRY - 605 014.
MESS WARDEN

1. Anurupa, Dal 
2. Jejaswini Singh 
3. Kantiya P.R 
4. Shikhi Verna 
5. Malavika Sunil-S 

MESS COMMITTEE MEMBERS