

Hostel Menu

Summer (March – November)

Day	Breakfast		Lunch				
Mon	Aloo Paratha (2 pcs)	Chutney (1 small bowl)	Rice	Arhar / Masoor Dal	Aloo Posta Curry	Green Veg. Bhaja	Salad
Tue	Maida Paratha (2 pcs)	Sweet Chana Dal (1 big bowl)	Rice	Rajma / Rama Kalai / Chole	Green Veg Bhaja	Fryums	Raita (1 small bowl)
Wed	Puri / Bhatara (4/2 pcs)	Dry / Spl. Alu Dum / Chola (Half big bowl)	Rice	Arhar Dal	Spl. Aloo Chokha	Green Veg. Curry	Chutney
Thu	Veg. / Egg / Paneer Roll (1 pc)	Sewain / Kheer (1 small bowl)	Rice	Masur Dal	Green Veg Curry	Aloo Bhaja	Fryums
Fri	Paratha (2 pcs)	Alu Motor Curry (Half big bowl)	Rice	Matar Dal	Spl. Alu Dum (Half big bowl)	Green Veg. Bhaja	Papad
Sat	Masala Dosa (1 pc)	Sambar (Half big bowl) & Chutney	Khichdi	Brinjal Fry (1 pc) / Veg. Pakora (4 pcs)	Spl. Aloo Chokha	Chutney / Pickle	Xxx
Sun	Roti (3 pcs)	Alu Chana / Dal Curry (1 big bowl)	Rice	Moong Dal	Kofta / Egg Curry (2 pcs)	Alu Bhaja	Potato Chips / French Fry (1 small bowl)

Winter (December – February)

Day	Breakfast		Lunch				
Mon	Aloo Paratha (2 pcs)	Chutney (1 small bowl)	Rice	Arhar / Masoor Dal	Aloo Posta Curry	Green Veg. Bhaja	Mixed Salad
Tue	Stuffed Paratha (2 pcs)	Chutney (1 big bowl)	Rice	Rajma / Chole / Ramakalai	Aloo Chokha	Fryums	Cucumber / Boondi Raita
Wed	Puri (4 pcs)	Dry / Spl. Alu Dum (Half big bowl)	Rice	Arhar Dal	Green Veg Curry (1 big bowl)	Alu / Green Veg. Bhaja	Chutney
Thu	Paneer/ Veg. / Egg Roll (1 pc)	Rice / Sewain Kheer / Halwa (1 small bowl)	Rice	Masur Dal	Mashed Brinjal (Chokha)	Aloo Bhaja	Salad
Fri	Bhatara (2 pcs)	Chole (Half big bowl)	Rice	Matar Dal	Spl. Alu Dum (Half big bowl)	Green Veg. Bhaja	Papad
Sat	Masala Dosa (1 pc)	Sambar (Half big bowl) & Chutney	Khichdi	Brinjal Fry (1 pc) / Veg. Pakora (4 pcs)	Spl. Aloo Chokha	Fryums	Chutney
Sun	Roti (3 pcs)	Green Veg Curry (1 big bowl)	Rice	Moong Dal	Kofta Curry (2 pcs)	Alu Bhaja	Egg Fry / Omelette (1 pc)

Note: On special occasions, Biryani / Fried Rice / Pulao along with Puri /Kachori, Chilly / Matar Paneer, Alu Dum, French Fries/Sweet would be given for Lunch.

Refreshment (Evening)

Mon	Chowmein / Pasta (with sauce)
Tue	Cut fruits (1 bowl); Alu Chop / Samosa (2 pcs) & Chutney
Wed	Idly (2 pcs) & Chutney / Tikki Chat & Halwa (1 pc)
Thu	Veg. Bread Sandwich (2 pc diag cut); Cold Drink / Tea
Fri	Jhal Muri; Banana
Sat	Veg / Sattu / Peas Stuffed Kachori (2 pcs); Chutney; Sewain (small bowl)
Sun	Veg Roll (1 pc); Sauce

Light Refreshment (Morning)

Mon	Milk (200 ml); Corn Flakes (1 big bowl)
Tue	Milk (200 ml); Corn Flakes (1 big bowl)
Wed	Milk (200 ml); Bread Butter (2 pcs)
Thu	Milk (200 ml); Corn Flakes (1 big bowl)
Fri	Milk (200 ml); Bread Jam (2 pcs)
Sat	Milk (200 ml); Cookies/ Cream Biscuit (1 pkt)
Sun	Milk (200 ml); Bread Jam (2 pc)

Dinner

Mon	Roti	Rice	Masoor Dal	Aloo Green Veg Curry	Kheer (1 small bowl)
Tue	Roti	Rice	Fish Curry (2 pcs)	Aloo Green Veg Curry	Custard (1 small bowl)
Wed	Roti	Rice	Alu Dum (Gravy)	Egg Curry (2 pcs)	Shahi Tukda (Spl.) (1 pc)
Thu	Maida Paratha	Sweet Chana Dal	Aloo Bhaja	Brinjal/ Veg Fry	Sweet (1 pc)
Fri	Roti	Sweet Pulaw (1 bowl)	Alu Dum Gravy	Chicken Curry (1 bowl)	Boondi (1 small bowl) / Laddu / Traditional Sweet (1pc)
Sat	Roti	Rice	Alu Dum (Gravy)	Paneer Curry (1 bowl)	Sewain (1 small bowl)
Sun	Roti	Rice	Masur Dal	Aloo Soyabean Curry	Custard (1 small bowl)

Note:

- 1) Eating Roti is compulsory. Minimum 1 pc for Classes I – V & 2 pcs for VI onwards
- 2) Paneer replaces non vegetarian curry, whenever applicable