

## Cafeteria Menu (w. e. f. - 01 September 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<i>Morning Cereals (7:00 - 7:15 AM)</i>						
<i>Cereal</i>	Milk + Rusk	Milk + Corn Flakes	Porridge + Milk	Milk + Rusk	Cold Chocolate Milk + Corn Flakes	Milk + Corn Flakes	-----
	<i>Breakfast (10:15 - 10:40 AM)</i>						
<i>Veg.</i>	Bread Toast Butter Jam Cutlet	Pav Bhaji	Vermicelli / Pasta with Red /White Sauce	Idly Sambar Chutney	Aloo Parantha, Butter, Chutney	Toast, Jam, butter French Fry	Maggi
<i>Non Veg.</i>	Omelette	-	-	-	-	Boiled Egg	
<b>Fruit</b>	<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>
	<i>Lunch (1:25 - 3:00 PM)</i>						
<i>Bread/Cereal</i>	Rice, Roti	Jeera Rice	Jeera Rice and Roti	Bhature	Jeera Rice and Roti	Jeera Rice, Tandoori Stuff Naan	Jeera Rice, Dosa
<i>Lentils/protein</i>	Kadhi Pakoda	Rajma	Kofta Curry	Chick Peas Curry (Choley)	Dal Makhani	Aloo Curry	Sambar
<i>Greens/Veggie</i>	Se same potato	Aubergine Vegetable		Lassi	Seasonal Veg.		-----
<i>Accompaniments</i>		Peanut Salad	Mix Salad	Onion Salad		Lassi	Chutney
	<i>Evening Snacks (6:15 - 6:30 PM)</i>						
	Aloo Bonda	French Fries + Squash	Mathri + Tea	Bhelpuri	Cookies + Tea	Samosa	Chana Chat
	<i>Dinner (8:30 - 9:30 PM)</i>						
<i>Bread/Cereal</i>	Rice and Roti	Rice	Veg noodle, Fried Rice	Jeera Rice & Roti	Rice & Roti	Khichri	Rice
<i>Lentils/protein</i>	Yellow Dal / Masri Dal	Namak Ajwain Paratha	Chilly chicken / Khowsuey	Yellow Dal	Egg Curry		Chicken Curry
<i>Greens/Veggie</i>	Bottle Gourd	Dal Black / Yellow  Mix Veg.	Chilly Paneer / Manchurian	Masala Bhindi / Seasonal Veg.	Matar Paneer / Saag Paneer	Aloo Chokha	Cottage Cheese (Paneer) Butter Masala
<i>Accompaniments</i>	Chilly Onion	Cucumber Raita			Chilly Onion	Chutney + Papad	
<i>Sweet Dish</i>	Kheer	Fruit	Fruit Custard	Fruit	Besan Burfi	Suji Halwa	Pastry / Ice Cream