

Cafeteria Menu (w. e. f. - 01 December 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<i>Morning Cereals (8:00 - 8:15 AM)</i>						
<i>Cereal</i>	Tea + Rusk	Milk + Corn Flakes	Porridge + Milk	Milk + Rusk	Tea +Rusk	Milk + Corn Flakes	-----
	<i>Breakfast (10:30 - 11:10 AM)</i>						
<i>Veg.</i>	Egg Parantha/Aloo Parantha	Pav Bhaji	Vermicelli / Pasta with Red /White Sauce	Bread Toast Butter Jam Cutlet	Vegetable sandwich	Toast, Jam, butter French Fry	Maggi
<i>Non Veg.</i>	Omelette	-	-	-	-	Boiled Egg	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		Fruit
	<i>Lunch (1:25 - 3:00 PM)</i>						
<i>Bread/Cereal</i>	Rice, Roti	Jeera Rice , Roti	Veg Pulao Rice, Roti	Bhature, Rice	Rice and Roti	Pea Rice, Tandoori Stuff Naan	Jeera Rice, Puri
<i>Lentils/protein</i>	Kadhi Pakoda	Rajma	Potato Curry / Kofta Curry	Chick Peas Curry (Choley)	Dal Makhani / Garlic Yellow Dal	Aloo Palak / Soya Badi/ Chaap	Aloo Curry
<i>Greens/Veggie</i>	Se same potato	Aubergine Bharta / Mix Veg.		Curd with greens(bathua Raita)	Seasonal Veg. / Mix Veg		-----
<i>Accompaniments</i>		Peanut Salad	Mix Salad	Onion Salad		salad	Chutney
	<i>Evening Snacks (6:15 - 6:30 PM)</i>						
	Tomato Soup	Popcorn / Veg. Cutlet	Mathri + Tea	Bhelpuri	Biscuits+ Tea	Samosa	Veg. Soup
	<i>Dinner (8:30 - 9:30 PM)</i>						
<i>Bread/Cereal</i>	Rice and Roti	Cabbage Rice	Veg noodle, Fried Rice	Rice & Roti	Rice & Roti	Rice, Roti	Rice, Roti
<i>Lentils/protein</i>	Yellow Dal / Masri Dal	Missi Roti/Makki Roti	Chilly chicken / Khowsuey	Yellow Lentil Dal	Egg Curry		Chicken Curry
<i>Greens/Veggie</i>	Beans and potato	Sarson (mustard) Saag	Chilly Paneer / Manchurian	Fenugreek greens with potato	Pea Paneer Curry	Dum Aloo	Cottage Cheese (Paneer) Butter Masala
<i>Accompaniments</i>	Chilly Onion				Chilly Onion	Papad	
<i>Sweet Dish</i>	Milk	Gajak	Pastry	Gajar Halwa	Milk	Suji Halwa	Fruit Custard