

# IIT TIRUPATI

## New Mess Menu Apr 2024

MENU		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Breakfast-7:00 am to 9:15 am Lunch- 12:15 to 2:30pm Snacks- 4:30pm to 6:00pm Dinner-7:30pm to 9:30pm	Breakfast-7:00am to 9:15am Lunch- 12:15 to 2:30pm Snacks- 4:30pm to 6:00pm Dinner-7:30pm to 9:30pm	Breakfast-7:00am to 9:15am Lunch- 12:15 to 2: 30pm Snacks- 4:30pm to 6:00pm Dinner-7:30pm to 9:30pm	Breakfast-7:00am to 9:15am Lunch- 12:15 to 2:30pm Snacks- 4:30pm to 6:00pm Dinner-7:30pm to 9:30pm	Breakfast-7:00am to 9:15am Lunch- 12:15 to 2: 30pm Snacks- 4:30pm to 6:00pm Dinner-7:30pm to 9:30pm	Breakfast-7:30am to 9:45am Lunch- 12:15 to 2: 30pm Snacks- 4:30pm to 6:00pm Dinner-7:30pm to 9:30pm	Breakfast-7:30am to 9:45am Lunch- 12:15 to 2: 30pm Snacks- 4:30pm to 6:00pm Dinner-7:30pm to 9:30pm
		TEA,COFFEE,MILK	TEA,COFFEE,MILK	TEA,COFFEE,MILK	TEA,COFFEE,MILK	TEA,COFFEE,MILK	TEA,COFFEE,MILK	TEA,COFFEE,MILK
Breakfast	Regular Items	Bread, Butter & Jam, Banana/Egg-1,Mutter	Bread, Butter & Jam + Seasonal fruit/ Egg - 1, Lobia	Bread, Butter&Jam, Banana/Omelete-1, Moong	Bread, Butter&Jam, Seasonal Fruit/Egg-1, Chana	Bread, Butter&Jam, Banana/Egg-1, mix sprouts	Bread, Butter&Jam, Seasonal Fruit/Egg-1, Chhole	Bread, Butter&Jam, Moong
		Rava Idli+Vada	Puri	Millets upma	Aloo/Gobi Paratha	Uggani-Bajji	Masala dosa / Onion Dosa	Poha
	Accompaniments	Masala Sambar + Groundnut Chutney	Aloo Masala Curry	Ground nut Chutney and Sambar	Curd + Ketchup + lemon chutney	Green Chutney+Mango Pickle+ketchup	Groundnut Chutney + Ginger Chutney(for onion dosa) + Sambar	Mint Chutney + Lemon + Bundi + Onion
Lunch	Regular Items	Roti, Rice, Ghee, Papad, Veg Salad, Salt, Curd, Mango Pickle	Roti, Rice, Ghee, fryums, Veg Salad, Salt, Butter milk ,Tomato Pickle	Roti, Rice, Ghee, Papad, Veg Salad, Salt,Sugar, Curd, Cucumber Pickle	Roti, Rice, Ghee, fryums, Veg Salad, Salt, Butter milk , Gongura Chutney	Roti, Rice, Ghee, Papad, Veg Salad, Salt, curd, Red Chilli Pickle	Roti, Rice, Ghee, fryums, Veg Salad, Salt, Butter milk , Ginger Pickle	Roti, Rice, Ghee, Veg Salad, Salt, vegetable curd Raita, Egg-1/Banana
	Dry Item	Beetroot Fry	Cabbage fry	Raw Banana fry	Aloo 65	Bindi+peanut+Onion fry	Mix veg fry	Chicken Dum Biryani with non-veg shorba+ Veg Biryani and Methi Mutter Malai Panner with Veg shorba
	Curry Item	Rajma Masala	Kala Chana Masala	Veg Korma	Corn palak masala	Kadi pakoda curry	Meal Maker Thin Gravy	
	Dal	Palak dal	Tomato Dal	Dal Makhani	Thotakura Pappu	Dal Fry	Methi Dal	
	Sambar	Drumstick Sambar	Pumpkin Sambar	Mix Veg Sambar	Tomato Onion Sambar	Bindi sambar	Bottle guard sambar	
Dinner	Regular Items	Rice, fryums, Veg Salad, Salt,Sugar, Curd, Pickle	Roti,Rice, Papad, Veg Salad, Salt, Curd, Pickle	Roti, Rice, fryums, Veg Salad, Salt,Sugar, Curd, Pickle	Roti,Rice, Papad, Veg Salad, Salt,Sugar, Curd , Pickle	Roti,Rice, Veg Salad, Salt, Onion Curd Raita, Pickle	Rice, Papad, Veg Salad, Salt,Sugar, Curd, Pickle	Roti, Rice, Papad, Veg Salad, Salt, curd, Pickle
	Dry Item	Pav Bhaji	Brinjal Fry	Chicken Tikka Masala/ Kadai Paneer	Masala Kichdi/Vegetable Pulao/(alternate weeks)	Cluster Beans	Chole Puri	Ivy Gourd+peanut fry
	Curry Item		Veg Manchurian		Mutter Masala	Malai Kofta		Cauliflower+tomato curry
	Dal	Mudda pappu	Gongura Dal		Moong dal	Urad dal	Mango Dal	Bottle guard dal
	Rasam	Tamarind rasam	Pepper Rasam	Lemon Coriander Rasam	Jeera Pepper Rasam	Tomato Rasam	Mysore Rasam	Ulavacharu
	Specials	Water melon/Papaya/Orange/Seasonal Fruit	Ice-Cream		Double Ka Meetha	Water melon/Papaya/Orange/Seasonal Fruit	Ice-Cream	
Snacks		TEA/COFFEE/MILK+Paid Extras	TEA/COFFEE/MILK+Paid Extras	TEA/COFFEE/MILK+Paid Extras	TEA/COFFEE/MILK+Paid Extras	TEA/COFFEE/MILK+Paid Extras	TEA/COFFEE/MILK+Paid Extras	TEA/COFFEE/MILK+Paid Extras

Quantity of Chicken in Chicken curry = 150 gm, Quantity of Paneer in Paneer curry = 100 gm (cooked weight), Veg Salad - beetroot/carrot(alternative days),Lemon, Onion