MENU (IIS HOSTEL)

FOR THE MONTH OF APRIL TO OCTOBER 2010

Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
7:00 a.m.	Bread, Butter, Jam, Milk	Bread, Butter, Jam, Milk	Milk, Cornflakes, Bread, Butter/Jam	Milk, Chocos, Bread Butter/Jam	Bread, Butter, Jam, Milk	Milk, Cornflakes, Bread Butter/Jam	Bread, Butter, Jam, Milk
Brunch							
10:15 a.m.	Vegetable Sandwich,	Parantha Roll	Vegetable Sandwich,	Parantha Roll	Burger/Pizza	Parantha Roll	-------
Lunch							
1:30 p.m.	South Indian Veg. Sambhar, Utpam, Lemon Rice	Salad, Bhindi, Dal Makhani, Tava Roti, Plain Rice, Bundi Raita/Salad	Matar Paneer, Kadi Pakoda, Tava Roti, Plain Rice, Salad	Lauki, Rajma, Tava Roti, Jeera Rice, Veg. Raita, Salad	Mix Vegetable, Urad Dhuli, Tava Roti, Veg. Pulav, Plain Curd, Salad	Baingan, Lobiya, Tava Roti, Plain Rice, Fruit Raita/Salad	Special
Tea Time							
5:00 p.m.	Milk Shake, Poha, Banana	Sweet Lassi, Namkeen Dalia, Apple/Banana/Mango	Roohafza Milk, Upma, Seasonal Fruit	Fresh Lime Water, Poha, Grapes/Banana /Seasonal Fruit	Butter Milk, Veg. Sandwich, Peach/Banana	Carrot juice, Upma, Biscuit	-------
Dinner							
7:45 p.m.	Alu Beans, Black Masoor, Tava Roti, Salad	Green Leaves Vegetable, Moong Dhuli, Salad	Bhindi kurkuri, Urad Dhuli, Tandoori Roti, Salad	Arvi Masala, Masoor Dhuli, Plain Parantha, Salad	Jeera Alu/Seasonal Vegetable, Moong Chilka, Tava Roti, Salad	Chowmein	Pulav/Pasta, Dahi Bada, Baked Vegetable, Chapati, Matar Paneer/Chola
Sweet Dish							
Halwa (To be Served on First day of every month)						Pudding	Custard/Kheer/ Rasmalai/ Ice-cream/ Gulab-Jamun

MENU (IIS HOSTEL)

FOR THE MONTH OF NOVEMBER 2010 TO MARCH 2011

Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
7:30 a.m.	Aloo Paratha, Milk, Cornflakes	Gobhi Parantha, Milk, Cornflakes	Dal Paranthas, Milk, Chocos	Onion Parantha, Milk, Cornflakes	Vegetable/ Mooli Parantha, Milk, Cornflakes	Paneer, Onion mix Patantha, Milk, Cornflakes	Pyaz ki Kachori/ Daal ki Kachori or Samosa/Maggi Time – 8:30 a.m.
Brunch							
10:30 a.m.	Aloo Bonda	Bread Poha	Aloo Sandwich	Cutlets, Bread	Bread Roll	Mayonnaise Vegetable Sandwich	-------
Lunch							
1:30 p.m.	Idli, Vada, Nariyal chatni, Sambhar/Dosa, Sambhar, Nariyal Chatni	Kadi Pakora, Black Chana Masala, Roasted Papad, Plain Rice, Roti, Salad	Rajma, Patta Gobhi, Plain Rice, Roti Salad, Bundi Raita	Curd Rice, Aloo Palak/Maithi Aloo, Masoor Dal, Roti, Salad	Palak/Sarson ka saag, Moong Chilka Dal, Veg. Raita, Namkeen Rice, Roti	Chola Bhatura	Daal-bati-choorma, lassan ki chutney /Aloo Puri, Dahi Bada
Tea Time							
5:00 p.m.	Poha, Hot coffee, Fruit	Upma, Tea, Fruit	Burger, Hot Coffee, Fruit	Dhokla, Tea, Fruit	Pasta, Coffee, Fruit	Bhel Puri, tea	Pizza / Pastry, Hot Chocolate
Dinner							
7:45 p.m.	Mixed vegetable, Moong dal, roti, salad	Pav Bhaji, Salad	Gajar Matar/ Chana Dal, Besan Mirch, Roti, Salad	Kofta, Aloo Full Gobhi, Roti, Salad	Aloo Matar (gravy), Kashmiri Pulao, Roti, Salad	Gatta Ki sabji, dahi/Mangori ki sabji, Mogar dal (Mung), roti, salad	Kadhai paneer, Missi roti / Manchurian, Chowmein, Fried rice
Sweet Dish							
			Gajjar ka Halwa/ Suji Halwa/ Custard				Kheer/ Gulab Jamun