

SPECIMEN OF WEEKLY MESS MENU**SC & ST WELFARE DEPARTMENT**

Ser	Days	Morning Tea	Breakfast	Tea Break	Lunch	Evening Tea	Evening Fruit	Dinner
1	Mon	Tea	Bread 06 Pcs, Jam Boiled Egg-01 (NV), Dalia. (V), Potato Cutlet-02, One glass milk (200 ml).	Coffee / Tea Samosa	Chapati, Rice, Masoor ki dal, Mix Veg (Potato- Seasonal Veg), Salad, Papad,	Tea Biscuit Good Day – 04 each	Fruit	Rice, Chapati, Chiken Curry / Mattar Paneer , Dal Arahar, Sweets – Gulab Jamun
2	Tue	Tea	Puri-05, Chhola of Kabli chana, Jalebi – 4 pieces (150 gms) One glass milk (200 ml) and one boiled egg.	Tea Onion Pakoda	Rice, Chapati, Pulse Arahar, Potato Soyabin Veg, Salad, Pickle,	Tea Britania Cake	Fruit	Rice, Chapati, Pulse Chana Mix, Potato Seasonal Veg, Bundiya.
3	Wed	Tea	Pav-02, Bhaji, Dalia, One boiled egg & 200 ml milk	Coffee / Tea Aaloo Pakauda	Rice, Chapati, Arhar Dal, Veg Kofta, Papad, Salad, Pickle	Tea Namkin Matthi – 02 each	Fruit	Rice, Chapati, Matar Paneer, Chana Dal, Sweets – Milk cake
4	Thurs	Tea	Kachouri filled with Sattu - 04, Aaloo chana One glass milk (200 ml), one boiled egg.	Tea Samosa	Rice, Chapati, moong hara dal , Potato with soyabeen seeds, Pickle, Salad,	Tea Britania - Cream Biscuits(02 piece total 04 biscuits each)	Fruit	Khasta Puri , Aaloo Dum, Mix veg with chana, pickle, Kheer
5	Fri	Tea	Bread-06 Pcs, Jam, Aaloo Tikki – 02, One glass milk (200 ml), one boiled egg.	Coffee / Tea Pakauda	Rice, Chapati, Masoor Dal, Potato seasonal veg, Salad, Papad,	Tea Khasta	Fruit	Dinner Roll-05 Pcs, Butter, Boiled fried Egg-01/Cutlet, Chicken Chilly/ Paneer Chilly, Tomato Sauce, Potato finger Chips, Fruit Custurd.

6	Sat	Tea	Puri-05, Aaloo Bhujia, Jalebi – 4 pieces (150 gms) One glass milk (200 ml), one boiled egg.	Tea Butter Bite Biscuit (04 each)	Rice, Chapati, Pulse Mung Masoor Mix, Mix veg, Pickle, Salad,	Coffee Samosa	Fruit	Rice, Curry with Pakora, Aaloo matar, Papad and Pickle, Rasgulla – 02 pcs
7	Sun	Tea	Aloo Paratha-02 Pcs, Dhaniya Mix Chatni, Dahi (100 gms), one boiled egg.	Tea Namkin Biscuits (04 each)	Rice, Chapati, Pulse Aarahar, Potato Soyabin Veg (Spicy), Papad, Salad,	Coffee Litti (60 gms)		Veg Biryani, Dal Makhani, Mix veg (potato and seasonal veg), Sweets Gaja. <ul style="list-style-type: none"> • For Non-Veg – Chicken Curry • For Veg – Paneer Items

Note:

1. A substitute of 100 gms of Paneer will be given in lieu of meat, in case the same is not available in market due to some reason.
2. Spices, pickles, jam and marmalade will be given in sufficient quantity. Papad will be of Bika ji or Lizzat.
3. Size of Chapati to be 6 inches in diameter and Puri to be min 5 inches in diameter.
4. Aaloo paratha to be of 8 inches in diameter.
5. Weight of Pav to be 100 - 120 gms, weight of Dinner roll to be 50 - 60 gms.
6. Weight of Sattu Litti for evening snacks on Sunday to be min 50 - 60 gms.
7. Milk of 200 ml to be served along with Breakfast in milk glass.
8. Seasonal vegetable to have min 50 % of fresh seasonal veg and only 50 % to be potato. For example, if total vegetable prepared is 100 Kg then 50 Kg to be Fresh vegetable and 50 kg to be potato. Mix veg to have min mix of four vegetables in equal proportion of 25 % each.
9. Curd will be served not less than 150 gms as per menu along with sugar.
10. Salad will be served not less than 50 gms as per menu comprising of Onion, Tomato, carat and green chilli.
11. Sweets not less than 100 – 120 gms. (Gulabjamun / milk cake / white rasgulla / gaja / Sohan papdi to weight not less than 100 –120 gms for two pieces)
12. **Fruit Variety** to be changed every alternate day, that is min two variety of fruits to be served in a week. If not followed then cost of fruit will be deducted from mess bill.

