

NALANDA UNIVERSITY

MENU FOR 1ST AND 3RD WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	POHA	ALOO PARATHA	IDLI	DHOKALA WITH CHUTNEY	SEASONAL VEG PARATHA	UTTHAPAM	PURI
	TOMATO/ CORRAINDER CHUTNEY	CURD & SAUCE/KACCHA MANGO CHUTNEY	CHUTNEY,SAMBHAR	CORN FLAKES	CURD & SAUCE	CHUTNEY,SAMBHAR	BHAJI
	SPROUTED GRAINS	SPROUTED MOONG	SPROUTED GRAINS	SPROUTED GRAINS	BOILED CORNS	SPROUTED MOONG	SPROUTED GRAINS
	TOAST BUTTER JAM	TOAST BUTTER JAM	TOAST BUTTER JAM	TOAST BUTTER JAM	TOAST BUTTER JAM	TOAST BUTTER JAM	TOAST BUTTER JAM
	EGG OMLETTE	BOILED EGG	FRIED EGG	BOILED EGGS/OMLET	EGG OMLET	FRIED EGG	EGG BHURJI
	MILK	SEASONAL FRUIT/ FRUIT SHAKE	MILK	MILK	SEASONAL FRUIT/ FRUIT JUICE	SEASONAL FRUIT/ FRUIT JUICE	MILK WITH CORN FLAKES
	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
LUNCH	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI
	HARA MOONG DAL	KADI PAKODA	MASOOR DAL FRY	SHEJWAN GOBI MATAR	MIX DAL FRY	CHANA DAL	MIX DAL
	LAUKI KOFTA CURRY	KASHMIRI DUM ALOO	ALOO GOBHI MATAR GRAVY (As per Season)	KARELA DRY	DUM ALOO CURRY	SEASONAL VEG GRAVY	NUTRI NUGGETS CURRY
	VEG TAVA FRY	BHINDI DRY/SEASONAL VEG	CRISPY VEG	ARHAR DAL	SEASONAL DRY VEG	STUFFED KARELA/CAPSICUM	STUFFED TOMATO/ JACKFRUIT VEG
	ROASTED PAPAD	FRYUMES	ROASTED PAPAD	VEG/BOONDI RAITA	FRYUMES	ROASTED PAPAD	FRYUMES
	CURD	RAITA	CHAAS	CURD/LEMON WATER	CURD/LEMON WATER	SALAD	DAHI WADA
	SALAD	SALAD	SALAD	SALAD	SALAD		SALAD
DINNER	STEAM RICE, CHAPATI	STUDENT'S SPECIAL	VEG.PULAO	LITTI WITH GHEE/KACHORI	STEAM RICE,CHAPATI	JEERA RICE,CHAPATI	STEAM RICE,CHAPATI
	DAL ADRAKI		DAL MAKHNI	CHOKHA	CHANA DAL	DAL TADKA	MASOOR DAL FRY
	PANEER DO PYAZA		KACCHA BANANA VEG	FULKA	MUSHROOM MASALA	RAJMA PUNJABI	CHICKEN CURRY
	EGG CURRY		BHINDI DRY/ VEG TAVA FRY	KADHAI VEG	MIX VEG DRY	BHINDI/KUNDRU (TENDLA) DRY/BAIGAN MASALA	GARLIC PANEER
	FRYUMES/PAPAD		CHAPATI	VEG BIRYANI	SALAD	SALAD	SALAD,PICKLE
	SALAD		RAITA,SALAD	RAITA, PICKLE, SALAD	FISH CURRY & FISH FRY		

MOONG DAL/GAJAR HALWA

ICE CREAM (BUTTER
SCOTCH) WITH CHOCOLATE
SYRUP

SABUDANA KHEER

KHEER

LAUKI/MOONG HALWA

GULABJAMUN

FRUIT CUSTARD

NALANDA UNIVERSITY

MENU FOR 2ND AND 4TH WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	UPMA WITH CHUTNEY	CHOLE-BHATURE	BUTTER PAV BHAJI/ SABUDANA KHICHDI	POHA	IDLI	VEG PARATHA	DOSA/WADA WITH SAMBHAR
	BOILED CORNS	CURD,SAUCE	GROUND NUT & GREEN CHUTNEY	TOMATO/ CORRAINDER CHUTNEY	CHUTNEY,SAMBHAR	CURD	COCONUT CHUTNEY
	TOAST BUTTER JAM	SPROUTED MOOG	SPROUTED GRAINS	SPROUTED GRAINS	SPROUTED GRAINS	SPROUTED MOONG	SPROUTED GRAINS
	EGG OMLET	TOAST/BUTTER/JAM	TOAST BUTTER JAM	TOAST/BUTTER/JAM	TOAST BUTTER JAM	TOAST BUTTER JAM	TOAST BUTTER JAM
	SEASONAL FRUITS/FRUIT JUICE	FRIED EGGS	EGG BHURJI	EGG OMLET	FRIED EGG	BOILED EGG	EGG BHURJI
	MILK	CORN FLAKES,MILK	MILK	MILK	MILK WITH CORNFLAKES	FRESH FRUIT	MILK
	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
LUNCH	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	KHICHDI	STEAM RICE,CHAPATI
	ARHAR DAL	CHANA DAL	DAL MAKHNI	RAJMA MASALA	SHEZWAN ALOO GOBHI MATAR GRAVY	GHEE	MIX DAL
	ALOO GOBHI/SEEM GRAVY	ALOO BAINGAN TAMATAR GRAVY	SEASONAL VEG GRAVY	MIX VEG GRAVY	NUTRI-NUGGETS VEG DRY	CHOKHA	KOFTA CURRY
	BHINDI DRY/ TANDOOR VEG	SEASONAL DRY VEG	SEV TAMATAR	KARELA DRY/KUNDRU (TENDLA) DRY	FRYUMES	PICKLE	CRISPY VEG
	ROASTED PAPAD	FRYUMES	ROASTED PAPAD	FRYUMES	CURD/CHASS	ROASTED PAPAD	FRYUMES
	CURD/LASSI	PINEAPPLE RAITA	CURD & LEMON WATER	FRUIT RAITA	SALAD	CURD & LEMON WATER	DAHI WADA
	SALAD	SALAD	SALAD	SALAD		SALAD	SALAD
DINNER	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	VEG FRIED RICE	STUDENT'S SPECIAL	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI	STEAM RICE,CHAPATI
	ARHAR DAL	TRIVENI DAL WITH LAUKI	SOUP		DAL FRY	CHANA DAL	ARHAR DAL
	CHILLI PANEER	MIX VEG	CHILLY CHICKEN		MUSHROOM CHILLI DRY	GUAVA/CAPSICUM VEG STUFFED	MUTTON CURRY
	ACHARI STUFFED ALOO	BHINDI DRY/ TANDOOR VEG	VEG MANCHURIAN		FISH CURRY FISH FRY	MIX VEG DRY	CHILLI MUSHROOM
	SALAD,PICKLE	SALAD,PICKLE	HAKKA NOODLES		SALAD,PICKLE	SALAD,PICKLE	FRUIT CUSTARD
	LAUKI/GAJAR HALWA	SEVAI KHEER	FRUIT CUSTARD		ICE CREAM (BUTTER SCOTCH) WITH	JALEBI/IMARTI	KHEER

