

EMRS UDALA MESS MENU

DAY	BREAKFAST	EATABLE	LUNCH	SNACK	DINNER
TIME	7:30AM TO 8:00 AM	11:20AM TO 11:35 AM	1:40PM TO 2:10PM	5:00PM TO 5:20PM	8:00PM TO 8:30PM NOTE:NO DINNER WILL BE SERVED AFTER 9:15PM
MONDAY	POHA+SABJI	BISCUIT	RICE+DAL+SABJI(MATAR AALOO)	MURI +MATAR AALOO SABJI	RICE +EGG CURRY/MIX VEG WITH SOYABRRN
TUESDAY	SUJI UPMA+ SABJI	NAMKEEN	RICE+DALMA+ACHAR+VEG FRY.	MURI+BESAN PAKODI	RICE+DAL+ (ALOO +SOYABEEN)
WEDNESDAY	MURI MATAR+SABJI	BISCUIT	RICE+FISH CURRY/PANEER CURRY+SALAD	NAMKEEN	RICE+DAL+MIX VEG
THURSDAY	IDLI/POHA + SABJI	FRUITS	RICE+DALMA+PAPAD+VEG FRY	SPROUT CHANA	RICE+DAL+(AALOO CHHOKHA)
FRIDAY	MURI +MATAR SABJI	BISCUIT	RICE+EGG CURRY /CHHOLE+SALAD	MURI+MIXTURE	RICE+DAL+MIX VEG
SATURDAY	FRIED RICE	NAMKEEN	RICE+DALMA+PAPAD+VEG FRY.	CHANA SPROUT	RICE+DAL+MIXVEG WITH SOYABEEN
SUNDAY	PURI+SABJI	BISCUIT	RICE+CHICKEN CURRY/PANEER CURRY	MURI +MIXTURE	RICE+DAL+AALOO TAMATAR SABJI