AUROBINDO MESS

	Mon - Fri (07:30 AM to 09:30 AM) ; Sat & Sun (08:00 AM to 10:00 AM)						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
1	POHA	IDLI	BREAD	SANDWICH, CHUTNEY	CHHOLE	PARATHA(AALOO)	DOSA
2	NAMKEEN	SAMBHAR	OMLET/BUTTER/JAM	APPLE	KULCHEE	CURD	SAMBHAR
3	SPROUTS	CHUTNEY	SPROUTS	SPROUTS	SPROUTS	SPROUTS	SPROUTS
4	ONION	APPLE	SAUCE	SAUCE	ONION	PICKLE	SAMBHAR CHUTNEY
5	LEMON	SPROUTS	BANANA	ONION	LEMON	SAUCE	ONION
6	TEA/MILK+COFFEE/MILK+ BOURNVITA	TEA/MILK+COFFEE/MILK+ BOURNVITA	TEA/MILK+COFFEE/MILK+ BOURNVITA	TEA/MILK+COFFEE/MILK+ BOURNVITA	TEA/MILK+COFFEE/MILK+ BOURNVITA	TEA/MILK+COFFEE/MILK+ BOURNVITA	JUICE
	Lunch - 12:00 pm - 2:00 pm						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
1	PATTA GOBHI/NORMAL GOBHI	MATAR PALAK /GWARFALI /SEASONAL	JEERA AALOO	CHHOLE	AALOO PYAZ	DAM AALOO	MATAR PANEER,
2	CHANA DAL	ARHAR DAL	KADHI PAKODI/ PAKODI	ARHAR DAL FRY	RAJMA	SABUT MASOOR DAL	MIX DAL,
3	CHHACHH	CURD		CHHACHH	CURD	CHHACHH	VEG PULAO
4	PLAIN RICE	PLAIN RICE	PLAIN RICE	JEERA RICE	PLAIN RICE	PLAIN RICE	BOONDI RAITA
5	ROTI	ROTI	ROTI	ROTI	ROTI	ROTI	ROTI
6	ACHAR	ACHAR	ACHAR	ACHAR	ACHAR	ACHAR	ACHAR
7	SALAD (ONION+ CUCUMBER+(SEASONAL))	SALAD (ONION+ CUCUMBER+(SEASONAL))	SALAD (ONION+ CUCUMBER+(SEASONAL))	SALAD (ONION+ CUCUMBER+(SEASONAL))	SALAD (ONION+ CUCUMBER+(SEASONAL))	SALAD (ONION+ CUCUMBER+(SEASONAL))	SALAD (ONION+ CUCUMBER+(SEASONAL))
8	LEMON	LEMON	LEMON	LEMON	LEMON	LEMON	LEMON
	Snacks - 05:00 pm - 06.00 pm						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
1	PYAZ KACHORI	SANDWICH	VEG-POHA(WITH NAMKEEN)	BREAD PAKODA	CHANA MASALA,	DAHI BADA	BISCUIT
2	SAUCE	SAUCE	TEA/COFFEE	SAUCE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
3	TEA/COFFEE	TEA/COFFEE		TEA/COFFEE			
	Dinner - 7:30 pm - 9:30 pm						
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
1	BESAN GATTA	AALOO MATAR	KADAI PANEER/ EGG CURRY	LAUKI CHANA DAL, ,	PYAJ PATTI/SEASONAL VEG	CHOOLE + BHATOORE	TORU
2	MOONG DAL	KAALA CHANA	MIX DAL	DAL MAKHANI	CHANA DAL	VEG-BIRYANI/PLAIN RICE	CHANA DAL
3	BANANA SHAKE	POORI(AATA , MAIDA BOTH),	JEERA RICE	PAPAYA SHAKE	LEMON RICE	CUSTARD	PLAIN RICE
4	PLAIN RICE,	KHEER	ROTI	ROTI	GULAB JAMUN	ONION	ROTI
5	ROTI	PLAIN RICE,	ACHAR	ACHAR	ROTI	FRIED CHILLY	ACHAR
6	ACHAR	SALAD	SALAD	SALAD	ACHAR	LEMON	SALAD
7	SALAD	ACHAR			SALAD	GREEN CHUTNEY	