



MV FOOD MENU FOR FEB 2025 1ST FORTNIGHT

| DAY | BREAKFAST | SHORT BREAK | LUNCH | SNACKS | DINNER |
|-----------------------------------|---|----------------|---|--|--|
| 1 FEB SAT | NEER DOSA, SAMBAR, COCONUT CHUTNEY | ITEM FROM CAFE | RICE/ROTI, GREEN MOONG DAL, ALOO MATAR TOMATO CURRY, BEAT, GAJAR, MATAR, CORN STEAMED WITH LEMON JUICE | GREEN VEG PATTIES | ROTI, RICE, ALOO PANEER CURRY, MIXED DAL |
| 2 FEB SUN | BUTTER TOAST, STEAMED MIXED VEGETABLES, BANANA | HOLIDAY | VEG FRIED RICE, KARAI PANEER , BABY ALOO DUM (NO ONION & GARLIC) | VEG CHOWMEIN (NO ONION & GARLIC) | RICE, ROTI, DAL FRY , ALOO METHI |
| 3 FEB MON Saraswati puja | BESAN CHILLA, GREEN CHUTNEY, PANEER SALAD | HOLIDAY | VEG KHICHADI, ALOO DUM, TOMATO CHUTNEY, PAPAD | MASALA ROASTED CHANA & PEANUTS | ZIRA RICE, ROTI, MIXED VEGITABLE DRY, ARAHAR DAL, MILK |
| 4 FEB TUE | OATS IDLI, SAMBAR, COCONUT CHUTNEY | ITEM FROM CAFE | RICE, ROTI, MIXED DAL, SPRING ONION POTATO DRY, FOOLGOBHI POTATO CURRY. | VEG CUTLET | RICE, ROTI, LOBIA CURRY, PAPITA ALOO DRY |
| 5 FEB WED | PALAK PARATHA, ROSTED TOMATO CHUTNEY, SOOJI HALWA | | RICE, ROTI, VEG MOONG DAL, ALOO PANEER CURRY, PALAK BHAJI, SALAD | ATTA MAGGI MASALA | RICE, ROTI, MIXED DAL, ALOO MATAR SABJI. |
| 6 FEB THU | POTATO CHEESE SANDWICH, CUT FRUITS | ITEM FROM CAFE | RICE, ROTI, MASOOR DAL WITH TOMATO, ALOO LOUKI CURRY , GREEN SAAG BHAJI , FRYUMS | MASALA MURI | RICE, ROTI, AACHARI ALOO , DAL FRY , MILK |
| 7 FEB FRI | BOILED CHECKPEAS SALAD, VEG POHA, BANANA | ITEM FROM CAFE | RICE, ROTI, CHANA DAL WITH PALAK, MIXED VEG WITH PANEER, KARELA FRY. | MASALA POHA ROASTED | RICE, ROTI, CHANA DAL FRY, ALOO SOYABEAN CURRY, |

| DAY | BREAKFAST | SHORT BREAK | LUNCH | SNACKS | DINNER |
|---------------|---|-----------------|--|---------------------------------|--|
| 8 FEB SAT | VEG STUFFED IDLY, COCONUT CHUTNEY | ITEM FROM CAFE | RICE, ROTI , GREEN MOONG DAL, SALGAM IN MUSTARD SAUCE, ALOO, GAJAR, MATAR CURRY | VEG ROLL | RICE, ROTI, MIXED DAL, CAPSICUM POTATO |
| 9 FEB SUN | VEG GRILLED SANDWICH, VEG POHA(OPTIONAL), ANY FRUIT, BOILED EGG (OPTIONAL) | HOLIDAY | VEG PULAO, DAL FRY, STUFFED POTATO CURRY, PANEER BURJI WITH SEASONAL VEGETABLES | CHINESE BHEL | NAN, MIXED VEG WITH PANEER, TARKA DAL |
| 10 FEB MON | AKKI ROTI, AALOO GOBHI CURRY, ROASTED TOMATO CHUTNEY | ITEM FROM CAFE | RICE, ROTI, VEG DAL, PATTI GOBHI POTATO, FLAT BEANS (SEM) POTATO DRY | ALOO CORN BONDA | ROTI , RICE, SOYABEAN ALOO CURY, DAL FRY, MILK |
| 11 FEB TUE | IDLY, SAMBAR , CHUTNEY, VADA | ITEM FROM CAFE | RICE, MISSI ROTI, PANCHMELA DAL, MIXED VEG, GREEN TOMATO KASUNDI, PAPARD (ROASTED) | DHOKLA | ROTI, RICE, WHOLE MASOOR DAL, PUMPKIN POTATO CURRY, RICE KHEER |
| 12 FEB WED | MIXED GRAIN ROTI, ALOO BEANS FRY, SWEET | ITEM FROM CAFE | RICE, ROTI, ARHAR DAL, LAL SAAG, ALOO MATAR CURRY | PALAK PATTI CHAAT | ZIRA RICE, ROTI, CHANA DAL FRY, METHI MATAR MALAI , |
| 13 FEB THU | KERLA DHOSA, GREEN CHATNI WITH NARIAL, SAMBAR | ITEM FROM CAFE | MAKKAI ROTI, PEAS RICE, SARSO SAAG, MASOOR DAL, BEAT GAJAR POTATO DRY | BHEL PURI | ROTI, RICE, WHOLE MOONG DAL, ALOO BARI CURRY ,GAJAR HALWA |
| 14 FEB FRI | SATTU PRATHA, GREEN CHUTNEY, AACHAR | ITEM FROM CAFE | RICE, ROTI, LAUKI CHANA DAL , ALOO METHI, FRIYUMS | VEG BURGER WITH OATS PATTIES | RICE, ROTI, DAL, MIXED VEG |
| 15 FEB SAT | BUTTER & JAM TOAST, MILK CORNFLEX (OPTIONAL) BANANA | ITEMS FROM CAFE | VEG PULAO, MIXED GRAIN ROTI, GOBHI MATAR BHAJI, ALOO DUM, PAPAD. | GHUGNI CHAAT | RICE, ROTI, KALI DAL, POTATO SEEM CURRY. |

Principal

Canteen in-Charge

Administrator

Note: Menu is subject to change due to unavailability of vegetables/ any item.