

MENU FOR BOYS MESS (Rate Rs. 61/- per day)

DAYS	BREAKFAST	LUNCH	SNACKS	DINNER
Monday	Pongal/Upuma, Medhu Vadai(2 Nos.), Sambar, Coconut Chutney, Bread, Butter Jam, Coffee/Tea, Milk	Fulka, Peas Masala, Dry Ladies finger fry, Plain rice, sambar, Rasam, Curd, Appalam, Pickles	Bhelpuri, Tea/ Coffee, Milk	Chappathi, Dhal or Alu kurma, Bisibelabaath, Onion-Raitha, Fruit salad (1 cup), Ice-Cream, Potato chips, Pickles, Butter Milk
Tuesday	Dosai, Sambar, Tomato Chutney, Bread, Butter Jam, Coffee/Tea, Milk	Chappathi, Dry Alu Gobi masala, Plain rice, Kara Kuzhambu, Rasam, Curd, Appalam, Pickles, Carrot & Peas Avial	Bajji (2 Nos.) Coconut chutney, Tea/Coffee, Milk	Chappathi, Malai Kofta, Veg. Poriyal, Plain Rice, Tomato Rasam, Butter Milk, Banana, Pickles
Wednesday	Onion oothappam, Pudina Chutney, Bread, Butter Jam, Coffee/Tea, Milk	Chappathi, Dhal Fry, Beet-Root Channa, Plain rice, Sambar, Rasam, Curd, Appalam, Pickles	Onion Bajji (2 Nos.), Tea/ Coffee, Milk	Chappathi, Mutter pannier (2cups), Puliyoogare, Curd Rice, Banana, Pickles, Appalam, Butter Milk
Thursday	Masala dosai, Ground Nut Chutney, Bread Bajji, Butter Jam, Coffee/Tea, Milk	Chappathi, Dhal palak, Alu Lajawab, Plain rice, Morkozhambu, Rasam, Curd, Appalam, Pickles	Potato Bonda (2 Nos.), Coconut Chutney, Tea/ Coffee, Milk	Chappathi, Veg Butter Masala, Dry Gobi Manchurian, Plain Rice, Sambar, Pepper Rasam, Butter Milk, Banana, Pickles
Friday	Idly, Sambar, Mint Chutney, Bread, Butter Jam, Medhu vadai (2), Coffee/Tea, Milk	Chappathi, Soya Beans Rajma masala, Plain rice, Vethakkozhambu, Rasam, Curd, Appalam, Pickles, Vaazhakaporiyal	Medhu vadai (2 Nos.) Coconut chutney, Tea/ Coffee, Milk	Chappathi, Aloo Gobi Masala, Vegetable Curry, Plain Rice, Lemon Rasam, Banana, Pickles, Butter Milk
Saturday	Poori, Alu Sabji/Channa masala, Bread, Butter Jam, Coffee/Tea, Milk	Fulka, Dhal Punjabi, Mix-Veg Aviyal, Plain rice, Sambar, Rasam, Curd, Appalam, Pickles	Big size Samosa (2 Nos.), Tomato Sauce, Tea/ Coffee, Milk	Pav Bhaji, Curd Rice, Lemon Rice, Potato chips, Banana, Pickles, Butter Milk
Sunday	Alu Parota(4 Nos.), Curd, Pickles, Bread, Butter Jam, Coffee/Tea, Milk	Chappathi, Dhal, Panner butter masala (1 cup), Sweet (Kesari/ Payasam), Plain rice, Sambar, Rasam, Curd, Appalam, Pickles, Cabbage Poriyal	Veg Cutlet (2 Nos.), Tomato Sauce, Tea/ Coffee, Milk	Battura, Chole, Curd Rice, Banana, Pickles

Note: 1. Lime juice will be served during lunch on all days.
2. Egg will be served at extra cost on all days.
3. Milk will be served in the night at extra cost on all days.

MENU FOR GIRLS MESS (Rate Rs. 57/- per day)

DAYS	BREAKFAST	LUNCH	SNACKS	DINNER
Monday	Idli, Sambar, Vadai, Tomato chutney, Bread, Butter, Jam, Tea, Coffee, Milk	Roti, Bengal Gram dhal, Rice, Sambar, Rasam, Greens, Curd, Appalam, Pickle, Lime Juice	Veg Bonda/ Mysore Bonda, Tea, Coffee, Milk	Chapati, Paneer Mutter/ Malai kofta Masala, Tomato Rice, Raita, Curd Rice, Pickle, Sweet
Tuesday	Aloo Paratha, Raita, Pickle, Bread, Butter, Jam, Tea, Coffee, Milk	Chapati, Sprouted dhal, Rice, Karakolambu, Rasam, Red Pumpkin/Aviyal, Curd, Vathal/Potato Chips, Pickle, Lime Juice	Masala Vadai/ Onion pakoda, Tea, Coffee, Milk	Roti, Chenna Masala, Dhal Ghee Rice, Curd Rice, Pickle, Fruit salad + VEG EXTRAS
Wednesday	Semiya kichdi, Upma, Chutney, Bread Bhaaji, Butter, Jam, Tea, Coffee, Milk	Roti, Mixed dhal, Rice, Sambar, Rasam, Mixed Poriyal/ Bhindi Poriyal, Curd, Appalam, Pickle, Lime Juice	Samosa, Sauce/ Green Chutney, Tea, Coffee, Milk	Chapati, Peas/Aloo Kurma, Rice, Veg. Kootu, Rasam, Buttermilk, Pickle, Banana + NON VEG EXTRAS
Thursday	Onion Oothappam, Mint Chutney, Sambar, Bread, Butter, Jam, Tea, Coffee, Milk	Chapati, Veg Kurma/ Peas Masala, Rice, Masala Sambar, Rasam, Beetroot Poriyal, Curd, Appalam, Pickle, Lime Juice	Paav Bhaaji, Tea, Coffee, Milk	Roti, Aloo Curry, Rice, Sambar, Carrot-Beans Poriyal, Buttermilk, Pickle, Banana + VEG EXTRAS
Friday	Poori, Aloo/Chenna masala, Toasted Bread, Butter, Jam, Tea, Coffee, Milk	Roti, Palak Paneer, Rice, Sambar, Rasam, Salad, Curd, Appalam, Pickle, Lime Juice	Bread Samosa, Sauce/ Imli chutney, Tea, Coffee, Milk	Chapati, Bhindi Masala, Rice, Gobi Manchurian/Gobi 65, Sambar, Buttermilk, Pickle, Banana
Saturday	Dosa, Malli Chutney, Sambar, Bread, Butter, Jam, Tea, Coffee, Milk	Chapati, Bottle Gourd Gravy, Rice, Pulikolambu, Rasam, Cabbage Poriyal/Snake Gourd kootu, Curd, Appalam, Pickle, Lime Juice	Chenna/Peas / Bengal Gram Dhal Sundal, Tea, Coffee, Milk	Parotta, Veg Kurma, Rice, Sambar, Rasam, Appalam, Pickle, Ice cream
Sunday	Pongal, Vadai, Chutney, Toasted Bread, Butter, Jam, Tea, Coffee, Milk	Roti, Rajma, Rice, Morekozhambu, Rasam, Karamani-Aloo curry, Curd, Appalam, Pickle, Lime Juice + NON VEG EXTRAS	Veg. Cutlet, Sauce, Tea, Coffee, Milk	Masal Dosa/ Dosa with Hot chutney, Rice, Sambar, Rasam, Veg. Kootu, Pickle, Banana

- Note:**
1. Lime juice will be served during lunch on all days.
 2. Egg will be served at extra cost on all days.
 3. Milk will be served in the night at extra cost on all days.

RATE FOR EXTRAS

Sl . No.	ITEM	Unit	RATE (Rs.)
1.	Extra Regular (In all Messes)		
	(i) Night Milk	Cup of 150 ml	6
	(ii) Single Egg Omlet	1 No.	7
	(iii) Single Egg Masala	1 No.	7
	(iv) Boiled Egg	1 No.	5.50
	(v) Scrambled Egg	1 No.(1 Egg)	5.50
	(vi) Cornflakes	30 gm	15
2.	Extra Regular (Non Vegetarian in Select Messes)		
	(i) Chicken 65 (Dry)	Per Plate (100 grams)	27
	(ii) Chicken Masala	Per Plate (100 grams)	25
	(iii) Chettinad Chicken	Per Plate (100 grams)	25
	(iv) Ginger Chicken	Per Plate (100 grams)	25
	(v) Pepper Chicken	Per Plate (100 grams)	25
	(vi) Chili Chicken	Per Plate (100 grams)	25
	(vii) Garlic Chicken	Per Plate (100 grams)	25
	(viii) Chicken Biryani (Basmathi Rice)	Per plate 300 gm Rice+100 gm chicken	50
3.	Extra Regular Vegetarian items (in all Messes)		
	(i) Baby Corn Masala	Per Plate (150 grams)	35
	(ii) Paneer Butter Masala	Per Plate (150 grams)	35
	(iii) Mushroom Masala	Per Plate (150 grams)	35
	(iv) Chilli panner	Per Plate (150 grams)	35
	(v) Meal Maker masala	Per Plate (150 grams)	25
	(vi) Aloo Gobi	Per Plate (150 grams)	25
	(vii) French Fries	Per Plate (150 grams)	25
4.	Other Extras (in all Messes)		
	(i) Gulab Jamun	Two small pieces of 50gm each	15

Visit the following link, to know more about the list of Messes and Name of the Caterer:

<http://www.nitt.edu/home/students/facilitiesnservices/hostelsnmess/messes/>