

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	JALEBI,	SAMBHAR	OMLET/BUTTER	APPLE	KULCHEE	CURD	SAMBHAR
3	SPROUTS	CHUTNEY	JAM	SPROUTS	SPROUTS	SPROUTS	SPROUTS
4	ONION	APPLE	SPROUTS	SAUCE	ONION	PICKLE	SAMBHAR CHUTNEY
5	LEMON	SPROUTS	SAUCE	ONION	BANANA	SAUCE	APPLE
6	BANANA	LEMON	BANANA	LEMON	LEMON	APPLE	ONION
7	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 (TAMATO + ONION+ CUCUMBER+(SEASONAL))	SALAD (TAMATO + ONION+ CUCUMBER+(SEASONAL))	SALAD (TAMATO + ONION+ CUCUMBER+(SEASONAL))	SALAD (TAMATO + ONION+ CUCUMBER+(SEASONAL))	SALAD (TAMATO + ONION+ CUCUMBER+(SEASONAL))	SALAD (TAMATO + ONION+ CUCUMBER+(SEASONAL))	SALAD (TAMATO + ONION+ CUCUMBER+(SEASONAL))
8	LEMON	LEMON	LEMON	LEMON	LEMON	LEMON	LEMON
9	FRYUMS	ROASTED PAPAD	RAMAKDA PAPAD	FRIED PAPAD	ROASTED PAPAD	FRYUMS	FRIED PAPAD
Snacks - 05:00 pm - 06.00 pm							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	PYAZ KACHORI	SANDWICH	VEG-POHA	BREAD PAKODA	CHANA MASALA,	DAHI BADA	BISCUIT
2	SAUCE	SAUCE	NAMKEEN	SAUCE	LEMON, ONION	CHUTNEY	CHHACHH
3	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	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	CHHOLE	TORU
2	MOONG DAL	KAALA CHANA	MIX DAL	DAL MAKHANI	CHANA DAL	BHATOORE	CHANA DAL
3	BANANA SHAKE	POORI(AATA , MAIDA BOTH),	JEERA RICE	PAPAYA SHAKE	LEMON RICE	VEG-BIRYANI/PLAIN RICE	SWEET
4	PLAIN RICE,	KHEER	ROTI	ROTI	GULAB JAMUN	CUSTARD	PLAIN RICE
5	ROTI	PLAIN RICE,	ACHAR	ACHAR	ROTI	ONION	ROTI
6	ACHAR	SALAD	SALAD	SALAD	ACHAR	FRIED CHILLY	ACHAR
7	SALAD	ACHAR	BARFI	FRIED CHILLY	SALAD	LEMON	SALAD
8	LEMON	LEMON	LEMON	LEMON	LEMON	GREEN CHUTNEY	LEMON