

## Schedule I

### Menu for IIBM Hostel

Item	Std Items	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1)Tea /Coffee 2)Egg 2 Nos 3)Bread Butter Jam/ Cornflakes Milk 4)Seasonal Fruit	1)Upma -Chutney	1)Alu Paratha Dahi & Pickle	1)Puri Sabji	1)Poha-Chutney	1)Idly -chutney	1)Upma- Chutney	1) Alu Paratha Dahi & Pickle
Lunch	1)Soup 2)Steamed Rice 3)Roti 4)Dal 5)Mixed --vegetable 6)Green Salad 7)Sweet/Dahi/ Raita 8)Pickle	1)Murgh (Chicken Adraki 2)Rajma OR Tawa Paneer (for Veg)	1)Chicken Kosha 2)Palak Corn OR Adraki Paneer(for Veg)	1)Handi Local Fish curry 2)Dal Makhani OR Malai Paneer	1)Veg Biryani 2)Murg Lahsooni 3)Sabji Dewni Handi OR Paneer Lababdar (for Veg)	1)Fish Cooked with Sesame seeds 2)Bhindi Do Pyaja OR Paneer (for Veg)	1)Chicken curry  2)Mixed Veg. OR Paneer (for Veg)	1)Chicken Curry  2)Paneer (for Veg)
Evening Tea with Snacks	Tea /Coffee	1)Bread Sandwich	1)Samocha- chutney	1)Veg Momo - chutney	1)Stuffed Bread Pokora -chutney	1)Dal Voda- chutney	1)Veg Pokora- chutney	1)Veg Cutlet
Dinner	1)Steamed Rice 2)Roti 3)Dal 4)Mixed Vegetable 5)Green Salad 6)Sweet/ Dahi/ Raita 7)Pickle	1)Fish Curry 2)Dal Makhani OR Paneer Lababdar (for Veg)	1)Handi Local Fish Curry 2)Sabji Dewani Handy OR Malai Paneer (for veg)	1)Murgh (Chicken Adraki) 2)Bhindi do Piyaja Tawa Paneer (for Veg)	1)Fish cooked with Mustard Seed 2)Rajma OR Paneer (for Veg)	1)Chicken Kosha 2)Palak Corn OR Adraki Paneer(for Veg)	1)Fish curry Mixed Veg. 2)Paneer (for Veg)	1)Fish curry Mixed Veg. 2)Paneer (for Veg)

\*Seasonal fruits: Papaya/Banana/Pineapple/Mango/Orange

\* Fish 1 Pc

\*Chicken small 4 pcs

\*Eggs 2 nos for Lunch or Dinner

\*Egg 2 nos for breakfast

## Schedule I

### MENU FOR LUNCH (OFFICE STAFF)

Day	Salad	Sweet Dish	Pickle	Rice	Dal	Veg. dry	Veg. Curry/Non Veg	For Vegetarian
Day 1 (Mon)	Sprout salad	Ice cream /Phirny /Curd	Mixed Pickle /Chutny/Pa pad	Rice/Chapatti	Channa dal	Brinjal fry (with Beson dry/pumpkin fry/Omita Khar	Cabbage sabji/Jika Alu / Kufta curry / Bangun bharta	-
Day 2 (Tue)	Green salad	Dahi/kheer	Mango pickle /Chutny	Rice/Chapatti	Masur dal	Bhendi /Bean/ Kundali fry	Fish curry with Tenga, Mustard Seed, Tomato, Vedai Lata/Pani Lau etc.	Chilly Paneer /Paneer butter masala
Day 3 (Wed)	Sprout salad	Custard/Fruit salad /Dahi	Mixed Pickle /Chutny/Pa pad	Rice/Chapatti	Rahar Dal/ Mati Dal	Kumura fry (Beson)/Rangalau /Kolphul bhaji	Mixed vegetable/Bora tenga/ Navaratna Korma	-
Day 4 (Thu)	Russian Salad	Raita/Fruit	Podina chutney/Pa pad	Rice/Chapatti	Moong Dal Fry	Tita kerela/ lesera /small potato fry/Green leafy vegetable	Squash /Soybean sabji/ Palak Paneer	-
Day 5 (Fri)	Green salad	Sweet/Dahi	Bamboo pickle/ Chutny	Rice/Chapatti/ Pulao	Mixed dal	Potol Alu fry/ Bhat Kerala fry/Potol dalna	Chicken curry	Mushroom

**High Tea**

- Sweet
- Veg Cutlet/Sandwich
- Seasonal Fruits
- Tea/Coffee

**Special Lunch**

- Soup
- Steamed Rice/Roti/Fried Rice
- Dal
- Mixed --vegetable
- Green Salad
- Sweet/Dahi/ Raita
- Pickle
- Non-Veg (2 Items) – Fish/Chicken/Mutton
- Veg (2 Items) –(Paneer/Mushroom/Rajma)

**Inauguration Tea**

- Sweet
- Bakery Biscuit
- Any salted item
- Tea/Coffee