

MAYO COLLEGEMESS MENU FEB 2025 (first and Third week)

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Morning Milk	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits
Breakfast	<ul style="list-style-type: none"> • Wheat Porridge with Milk • Stuffed Parantha • Lehsun Chutney • Curd & Pickle • Butter & Sauce • Fresh Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Masala Upma • Masala Omelet/Bread Pakoda • Toast, Butter, Jam, Sauce • Chana Sprouts • Milk • Fresh Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Poha • Idli-Sambhar-Chutney • Brown Bread, Butter, Jam, Sauce • Milk • Fresh Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Savory Vermicelli • Chicken Nuggets/Potato Bites • Fried Egg/ Cheese Toast • Toast, Butter, Jam & Sauce • Milk • Fresh Fruit • Tea for staff
Short Break	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit
Lunch	<ul style="list-style-type: none"> • Meat Masala / Paneer Kofta Curry • Yellow Daal • Gobhi Aloo • Chapati • Raita,Papad,Pickle • Green Salad • Chocolate Burfi 	<ul style="list-style-type: none"> • Chicken/Paneer Masala • Arhar Dal Tadka • Cabbage Matar • Butter Naan/Tandoori Roti & Rice • Curd • Green Salad • Rajbhog 	<ul style="list-style-type: none"> • Pindi Chole • Jeera Aloo • Dahi Vada with saunth • Bhatura/Kulcha & Rice • Green Chutney • Kachumber Salad • Sweet Boondi <p>(Daal Bati Churma third Tuesday)</p>	<ul style="list-style-type: none"> • Kadai Chicken/Kadhai Paneer • Moong Masoor dal • Lauki with Curd • Plain Rice/Chapati • Boondi Raita • Koshmbir Salad • Daal Halwa
Evening Refreshment	<ul style="list-style-type: none"> • Wheat Puff/Sanken • Chocolate Milk 	<ul style="list-style-type: none"> • Samosa • Bournvita Milk 	<ul style="list-style-type: none"> • Bhel Puri • Complian Milk 	<ul style="list-style-type: none"> • Cheese Patties • Choco Milk
Dinner	<ul style="list-style-type: none"> • Matar Paneer • Bhindi do Payaza • Dal Tadka • Rice & Chapati • Green Salad • Agra Petha 	<ul style="list-style-type: none"> • Aloo Achari • Sev Tamatar • Hari Moong Dal • Mutter Pulao & Chapati • Green Salad • Besan ladoo 	<ul style="list-style-type: none"> • Tomato Soup • Veg and Cheese Burger • Maggi Noodles • French Fries • Baked Veg with Pineapple • Garlic Bread • Brownie/Fruit Custard 	<ul style="list-style-type: none"> • Dum Aloo • Mix Vegetable • Dal Panchratni • Nutri Pulao • Chapati • Green salad • Makhan Bada
Night Milk	<ul style="list-style-type: none"> • Complian Milk, • Roasted Fox Nuts 	<ul style="list-style-type: none"> • Milk • Oreo Biscuits 	<ul style="list-style-type: none"> • Milk • Soya Sticks 	<ul style="list-style-type: none"> • Milk • Hide and Seek

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Morning Milk	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits
Breakfast	<ul style="list-style-type: none"> • Musli • Cheese Omelet/Peas Paneer Cutlet • Nutella Sandwich & Sprouts • Toast, Butter, Jam & Sauce • Milk • Fresh Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Poha • Boiled Egg/ Aloo Kofta • Chutney Sandwich and Sprouts • Bread, Butter, Jam & Sauce • Milk • Fresh Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Chocos with Milk • Chicken Sausage/Veg Cutlet • Scrambled Egg /Paneer Pakoda • Sprout salad • Bread, Peanut Butter, Jam & Sauce • Fresh Fruit • Tea for Staff
Short Break	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit
Lunch	<ul style="list-style-type: none"> • Rajmah masala • Aloo Matar Dry • Vegetable Raita • Rice & Chapati • Salad • Motichur Ladoo 	<ul style="list-style-type: none"> • Laal Maas/Paneer Butter Masala • Dal Moong Masoor • Gajjar Matar • Roomali Roti & Rice • Veg Raita • Green Salad • Til Patti 	<ul style="list-style-type: none"> • Keema Kaleji/Matar Paneer • Moong masoor dal • Gwarfali Kachra • Rice & Chapati • Kheera Raita • Salad • Kala Jamun
Evening Refreshment	<ul style="list-style-type: none"> • Vada Pao/ Bun Butter • Coffee Milk 	<ul style="list-style-type: none"> • Methi Matri • Milk 	<ul style="list-style-type: none"> • Dal Kachori • Milk
Dinner	<ul style="list-style-type: none"> • Sweet corn Soup • Veg Fried Rice • Hakka Noodles • Gobhi Manchurian • Chilly Paneer /Chilly Chicken • Pineapple Pastry (Dal - Rice) 	<ul style="list-style-type: none"> • Kadhi Pakori • Aloo Gujrati • Dry Daal • Chapati & Rice • Green salad • Kears Bati 	<ul style="list-style-type: none"> • Dum Aloo White gravy • Arhar Dal • Karela Pyaz • Jeera Pulao and Chapati • Green Salad • Elaichi kheer
Night Milk	<ul style="list-style-type: none"> • Milk, • Punjabi Tadka 	<ul style="list-style-type: none"> • Milk • Oreo Biscuits 	<ul style="list-style-type: none"> • Milk • Salted Peanut

Remarks:

1. Extra Diet for those who are in the School Term for 20 days prior to the tournament and for 10 days during the Competitions or recommendation of doctor.
2. Fruits to be served as per availability.
3. Coffee, Bournvita served separately with night Milk.

Mr. Manoj Kumar Pareek
Bursar

MAYO COLLEGE
MESS MENU FEB 2025 (Second and Fourth week)

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Morning Milk	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> Tea & Milk Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits
Breakfast	<ul style="list-style-type: none"> • Semolina Porridge with Milk • Stuffed Paranta with Mint Chutney • Sweet Curd • Bread, Butter, Jam & Sauce • Fresh Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Saboot Dana Khichidi • Aloo Sandwich/Cheese Omelette • Sprouts • Bread, Butter, Jam- Honey & Sauce • Fresh Fruit • Milk/Tea for Staff 	<ul style="list-style-type: none"> • Poha • Kadi Kachori with Saunth • Brown Bread, Butter, Jam & Sauce • Coffee Milk • Fresh Fruit • Tea for staff 	<ul style="list-style-type: none"> • White oats with Milk • Chicken Nuggets/Cheese Balls • Kala Chana • Bread, Butter, Jam, Nutella & Sauce • Fresh Fruit • Tea for Staff
Short Break	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit
Lunch	<ul style="list-style-type: none"> • Chicken Biryani/Veg. and Paneer Biryani • Bhindi Masala • Dal Tadka • Chapati • Raita • Salad • Angoori Petha 	<ul style="list-style-type: none"> • Chicken /Paneer lababdar • Dal Tadka (Sabut Masoor) • Mangodi Payaz • Rice/Tandoori Roti or Naan • Raita • Salad • Rosogulla 	<ul style="list-style-type: none"> • Aloo Bhaji • Kashipahal • Chana Dal dry • Dahi Pakori with saunth • Poori • Pulao • Salad • Gulab jamun 	<ul style="list-style-type: none"> • Rajma Masala • Aloo Jeera with Methi • Matar Mushroom • Raita • Rice and Chapati • Salad • Gajjar Halwa
Evening Refreshment	<ul style="list-style-type: none"> • Veg Burger • Chocolate Milk 	<ul style="list-style-type: none"> • Aloo Patties • Complian Milk 	<ul style="list-style-type: none"> • Samosa • Coffee Milk 	<ul style="list-style-type: none"> • Veg Pakora • Bourn Vita Milk
Dinner	<ul style="list-style-type: none"> • Paneer Capsicum Bhurji • Aloo Rogan Josh • Dal Arhar Tadka • Rice & Chapati • Salad • Besan Burfi 	<ul style="list-style-type: none"> • Aloo Chole • Corn palak • Dal Maharani • Rice • Chapati • Salad • Makhanbada 	<ul style="list-style-type: none"> • Paneer Korma • Kathal Masala • Mix dal • Pulao & Roomali Roti • Raita and Salad • Sweet Boondi 	<ul style="list-style-type: none"> • Tomato and Cheese soup • Instant Noodles • Veg/Non. Veg Pizza • Potato Wedges • Daal and Rice • Cabbage Salad • Black Forest pastry
Night Milk	<ul style="list-style-type: none"> • Milk, • Biscuit Chocolate Biscuits 	<ul style="list-style-type: none"> • Milk • Aloo Bhujia 	<ul style="list-style-type: none"> Milk Biscuit bourbon 	<ul style="list-style-type: none"> • Milk • Hide and seek

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Morning Milk	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits 	<ul style="list-style-type: none"> • Tea & Milk • Biscuits
Breakfast	<ul style="list-style-type: none"> • Masala Seviya • Masala Omelet/Bread Roll • Sprout salad • Bread, Peanut Butter, Jam and Sauce • Milk • Fresh Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Upma • Cheese Sandwich • Egg Pakora / Aloo Bonda • Lobiya Sprouts • Bread, Butter, Jam and Sauce • Fresh Fruit • Milk/Tea for Staff 	<ul style="list-style-type: none"> • Chocos with Milk • Cheese Chili Toast & Veg cutlet • Chicken Sausage & Fried egg • Bread, Butter, Jam- Honey and Sauce • Fresh Fruit • Tea for Staff
Short Break	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Fruit
Lunch	<ul style="list-style-type: none"> • Daal Moong Chilka • Gobhi Aloo • Dahi Pakori with Saunth • Rice & Chapati • Salad • Kala Jamun 	<ul style="list-style-type: none"> • Seekh Kebab/Soya Chap Masala • Aloo Semfali • Dal Panchratni • Rice & Chapati • Curd • Salad • Jalebi 	<ul style="list-style-type: none"> • Butter Chicken \ Paneer Butter masala • Baigan Bharta • Mix dal • Rice & Chapati • Curd • Salad • Doodh Ladoo
Evening Refreshment	<ul style="list-style-type: none"> • Chutney Sandwich • Coffee Milk 	<ul style="list-style-type: none"> • Bhel puri • Complian Milk 	<ul style="list-style-type: none"> • Daal Kachori • Choco Milk
Dinner	<ul style="list-style-type: none"> • Vegetable Soup • Chicken Kathi / Paneer Kathi or Hotdog • Pasta Arabiata • French Fries • Garlic Bread • Pineapple Pastry 	<ul style="list-style-type: none"> • Dum Aloo • Gajjar Matar • Dal Makhani • Nutri Pulao and Chapati • Green Salad • Kesar Bati 	<ul style="list-style-type: none"> • Matar Mushroom • Daal Urad Chana • Gobhi Aloo • Mutter Pulao and Chapati • Salad • Rosogulla
Night Milk	<ul style="list-style-type: none"> • Milk, • Lite Mixture 	<ul style="list-style-type: none"> • Milk • Cheese Biscuit 	<ul style="list-style-type: none"> • Milk • Salted Peanut

Remarks:

1. Extra Diet for those who are in the School Term for 20 days prior to the tournament and for 10 days during the Competitions or recommendation of doctor.
2. Fruits to be served as per availability.
3. Coffee, Bournvita served separately with night Milk.

Mr. Manoj Kumar Pareek
Bursar