



MAYO COLLEGE
MESS MENU APRIL 2022 (First and Third Week)

Meals	Sunday	Monday	Tuesday	Wednesday
Morning Tea/Milk	<ul style="list-style-type: none"> Tea/Milk Biscuits (Glucose) 	<ul style="list-style-type: none"> Tea/Milk Biscuits (Marie) 	<ul style="list-style-type: none"> Tea/Milk Biscuits (Salto) 	<ul style="list-style-type: none"> Tea/Milk Biscuits (Glucose)
Breakfast	<ul style="list-style-type: none"> Stuffed Paratha Aloo Subzi Curd and Pickle Butter Seasonal Fruit Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> Upma Egg Bhurji/Mix Pakoras Chana Sprouts Brown Bread, Butter, Jam, Sauce Seasonal Fruit Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> Poha Idli/Vada, Sambhar & Coconut Chutney Bread, Butter, Jam and Sauce Seasonal Fruit Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> Namkeen Vermicelli French Toast/Besan Toast Moong Sprouts Bread, Butter, Jam and Sauce Seasonal fruit Milk (Bournvita, Cocoa Powder)
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"> Daal Makhani Veg Biryani (Kathal, Ratalu and Paneer) Mirchi Ka salan Pudina Raita, Salad and Pickle Chapati Nimbu Pani Besan Burfi 	<ul style="list-style-type: none"> Butter Chicken/Paneer Butter Masala Arhar Daal Tadka Lauki Tamatar Rice and Chapati Pickle, Papad and Salad Nimbu Pani Agra Petha 	<ul style="list-style-type: none"> Chana Kabuli Aloo Jeera Boondi Raita Bhatura or Laccha Paratha Salad & Pickle Nimbu Pani with Pudina Motichur Ladoo 	<ul style="list-style-type: none"> Rajma masala Bharwan Bhindi Aloo Jeera Dahi Pakori with Saunth Rice and Chapati Onion Salad Ice- Cream
Evening Refreshment	<ul style="list-style-type: none"> Veg Patties Cold Coffee 	<ul style="list-style-type: none"> Vada Pao Ice Tea/Squash 	<ul style="list-style-type: none"> Veg Sandwich Kesar Thandai 	<ul style="list-style-type: none"> Aloo Matar Samosa Mango Tang
Dinner	<ul style="list-style-type: none"> Vegetable Soup Paneer Butter Masala/Chicken Masala Daal Moong Masoor Palak Tamatar Rice and Butter Naan Salad and Pickle Mawa Burfi 	<ul style="list-style-type: none"> Tomato Shorba Kadi Pakori Matar Tamatar Kasundi Bharwan Baigan Rice and Chapati Salad Ice- Cream 	<ul style="list-style-type: none"> Veg Clear Soup Paneer Kofta Curry Matar Mushroom Masala Semfali Aloo Rice and Chapati Salad Gulab Jamun 	<ul style="list-style-type: none"> Hot and Sour Soup Veg Noodles and Fried Rice Chili Paneer/Chilli Chicken Veg Manchurian Garlic Bread, Butter and Sauce Daal Fruit Trifle
Night Milk	<ul style="list-style-type: none"> Milk (Bournvita /Coffee), Salted Wheat Puffs 	<ul style="list-style-type: none"> Milk (Bournvita/ Coffee), Chocolate Muffin 	<ul style="list-style-type: none"> Milk (Bournvita/Coffee), Oreo Biscuits 	<ul style="list-style-type: none"> Milk (Bournvita/Coffee), Naan Khatai



<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Morning Tea/Milk	<ul style="list-style-type: none"> Tea/Milk Biscuits (Marie) 	<ul style="list-style-type: none"> Tea/Milk Biscuits (Salto) 	<ul style="list-style-type: none"> Tea/Milk Biscuits (Oreo)
Breakfast	<ul style="list-style-type: none"> Wheat Porridge Boiled Eggs/Veg Cutlet Kala Chana Toast, Butter, Honey and Tomato Sauce Seasonal Fruit Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> Namkeen Daliya Moong Daal Paneer Chila / Masala Omelet Sprouts Salad Toast, Butter, Sauce and Jam Seasonal Fruit Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> Sabootdana Khichdi Bread Roll/ Egg Bhurji Cheese Slice Bread, Butter, Jam, Sauce Seasonal Fruit Milk (Bournvita, Cocoa Powder)
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"> Palak Paneer/Muuton Rogan Josh Daal Moong Chilka Arbi Masala Curd and Salad Rice and Roomali Roti Keri Pani Shakarpara 	<ul style="list-style-type: none"> Fish Curry /Paneer Lababdar Dal Yellow Tadka Mangori Pyaz Chapati and Rice Green Salad & Curd Nimbu Pani Misti Dahi 	<ul style="list-style-type: none"> Kadai Chicken /Kadai Paneer Daal Moong Mix Veg Jeera Pulao and Chapati Salad and Papad Butter Milk Ice- Cream
Evening Refreshment	<ul style="list-style-type: none"> Hot Dog Cold Coffee 	<ul style="list-style-type: none"> Veg Burger Orange Squash 	<ul style="list-style-type: none"> Daal Kachori Cold Kesar Badam Milk
Dinner	<ul style="list-style-type: none"> Vegetable Soup Daal Mix Veg Jhalfrezi Lauki Kofta Curry Rice and Chapati Salad and Papad Kala Jam 	<ul style="list-style-type: none"> Cream of Mushroom soup Daal Masoor Sabut Gobhi Aloo Baigan Bharta Salad and Chutney Jeera Rice and Plain Parathas Jalebi 	<ul style="list-style-type: none"> Carrot and Tomato Soup Capsicum and Paneer Bhurji Daal Moong Masoor Aloo Bhindi Jeera Pulao and Chapati Salad Rice Kheer
Night Milk	<ul style="list-style-type: none"> Milk (Bournvita/Coffee), White Salted Peanut 	<ul style="list-style-type: none"> Milk (Bournvita/Coffee), Hide and Seek Biscuits 	<ul style="list-style-type: none"> Milk (Bournvita/Coffee), Dry Bhel

- Remarks:
1. Extra Diet for those who are in the school team on recommendation of Coach and approval of RMO.
 2. Fruits to be served as per seasonal availability.
 3. Staff will be served tea during Breakfast.



MAYO COLLEGE
MESS MENU APRIL 2022 (Second and Fourth Week)

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Morning Tea/Milk	<ul style="list-style-type: none"> • Tea/Milk • Biscuits (Salto) 	<ul style="list-style-type: none"> • Tea/Milk • Biscuits (Marie) 	<ul style="list-style-type: none"> • Tea/Milk • Biscuits (Glucose) 	<ul style="list-style-type: none"> • Tea/Milk • Biscuits (Salto)
Breakfast	<ul style="list-style-type: none"> • Aloo Matar Bhaji and Plain Paratha • Sooji Halwa • Curd • Bread, Butter, Jam & Sauce • Seasonal Fruit • Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> • Chocos • Omelet/Aloo Sandwiches • Upma • Sprouts Salad • Brown Bread, Butter, Chutney • Seasonal Fruit • Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> • Poha • Aloo or Pyaz Kachori with Tamarind Chutney • White Pasta • Bread, Butter, Jam & Sauce • Seasonal Fruit • Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> • Wheat Porridge • Boiled Eggs/Bread Pakora • Sprouted Moong • Brown Bread, Butter, sauce and Honey • Seasonal fruit • Milk (Bournvita, Cocoa Powder)
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"> • Veg Biryani with Pineapple • Aloo Rogan Josh • Daal Yellow Tadka • Chapati and Rice • Salad and Curd • Masala Chacch • Coconut Burfi 	<ul style="list-style-type: none"> • Kadai Chicken/Kadai Paneer • Daal Moong • Aloo Beans • Plain Curd • Chapati and Rice • Salad • Nimbu Pani • Sweet Boondi 	<ul style="list-style-type: none"> • Mix Daal (Green) • Besan Gutta Curry • Rice and Bati • Mirchi Kuta/Fry Mirchi • Raita, Salad & Pudina Chutney • Pudina Chutney • Jeera Chaach • Churma 	<ul style="list-style-type: none"> • Egg Curry/Paneer Maslala • Baigan Tamatar • Daal Urad Dhuli • Rice and Chapati • Curd and Salad • Jal Jeera • Ice- Cream
Evening Refreshment	<ul style="list-style-type: none"> • Veg Burger • Lemon Tang 	<ul style="list-style-type: none"> • Cheese Patties • Cold Choco Milk 	<ul style="list-style-type: none"> • Aloo Matar Samosa • Lemon Squash 	<ul style="list-style-type: none"> • Kathi Roll • Cold Coffee
Dinner	<ul style="list-style-type: none"> • Vegetable Soup • Paneer Sula Masala/Meat Sula Masala • Daal Masoor Sabut • Gobhi Matar • Rice and Tandoori Roti • Salad and Pickle • Rosogulla 	<ul style="list-style-type: none"> • Tomato Shorba • Mixed Daal • Veg. Kofta Curry • Mangori Pyaz • Rice and Chapati • Salad • Ice-Cream 	<ul style="list-style-type: none"> • Tomato Cheese Soup • Pao Bhaji • Masala Maggi or Wai Wai • Bread, Butter and Sauce • Onion Salad with Lemon Wedges • Daal and Rice • Fruit Custard 	<ul style="list-style-type: none"> • Daal Ka Shorba • Aloo Chole • Mix Vegetable • Tamatar Kishmish Chutney • Yellow Rice and Chapati • Salad • Malpua
Night Milk	<ul style="list-style-type: none"> • Milk (Bournvita/Coffee), Methi Mathri 	<ul style="list-style-type: none"> • Milk (Bournvita/Coffee), Dry Bhel 	<ul style="list-style-type: none"> • Milk (Bournvita/Coffee), Oreo Biscuits 	<ul style="list-style-type: none"> • Milk (Bournvita/Coffee), Tricolor Sandwich



<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Morning Tea/Milk	<ul style="list-style-type: none"> • Tea/Milk • Biscuits (Marie) 	<ul style="list-style-type: none"> • Tea/Milk • Biscuits (Glucose) 	<ul style="list-style-type: none"> • Tea/Milk • Biscuits (Salto)
Breakfast	<ul style="list-style-type: none"> • White Oats • Sauté Tofu • Cheese Omelets /Matar and Cheese Cutlets • Bread, Butter, Jam and Sauce • Seasonal Fruit • Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> • Namkeen Daliya • Egg Bhurji/ Bread Roll • Bread, Butter, Jam and Sauce • Sprout Salad • Seasonal Fruit • Milk (Bournvita, Cocoa Powder) 	<ul style="list-style-type: none"> • Cornflakes • Cheese Toast and Veg Cutlet • Chicken Sausages and fried Egg • Brown Bread, Butter, Jam and Sauce • Seasonal Fruit • Milk (Bournvita, Cocoa Powder)
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"> • Seekh Kebab Masala/Paneer Korma • Daal Urad chana • Cabbage Matar Tamatar • Chapati and Rice • Salad and Papad • Butter Milk • Shrikhand 	<ul style="list-style-type: none"> • Keema Matar/Paneer Matar • Daal Yellow Tadka • Bhindi Bharwan • Roomali Roti and Rice • Curd and Green Salad • Keri Pani • Makhanbada 	<ul style="list-style-type: none"> • Chicken Korma/ Soya Chaap Masala • Daal Moong Chilka • Gobhi Matar • Rice and Chapati • Salad and Papad • Nimbu Pani with Pudina • Ice- Cream
Evening Refreshment	<ul style="list-style-type: none"> • Daal Kachori • Thandai 	<ul style="list-style-type: none"> • Hot Dog • Mango squash 	<ul style="list-style-type: none"> • Veg Pizza • Rose Milk
Dinner	<ul style="list-style-type: none"> • Veg Clear soup • Mix Daal Tadka • Aloo Pudina • Sev Tamatar • Rice and Chapati • Mix Green Salad • Gulab Jamun 	<ul style="list-style-type: none"> • Mix Veg soup • Veg Pulao and Chapati • Lobia Masala • Palak Paneer • Gajjar Matar • Salad and Papad • Fruit Cream 	<ul style="list-style-type: none"> • Palak Soup • Daal Arhar • Shahi Paneer • Aloo Pyaz (Small) • Jeera Pulao and Chapati • Salad • Sewian Kheer
Night Milk	<ul style="list-style-type: none"> • Milk (Bournvita/Coffee), White Salted Peanut 	<ul style="list-style-type: none"> • Milk (Bournvita/Coffee), Fruit Cake 	<ul style="list-style-type: none"> • Milk (Bournvita/Coffee), Sanken

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