

MAYO COLLEGE**JUNIOR SCHOOL MESS MENU FEB 2023 (First and Third week)**

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Pao Bhaji</li> <li>• Wai Wai Noodles</li> <li>• Onion Salad</li> <li>• Bread, Butter and Jam</li> <li>• Flavored Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat Porridge with Milk</li> <li>• Stuffed Paratha with Green Chutney</li> <li>• Sweet Curd</li> <li>• Bread, Butter, Jam</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Vada Sambhar with Coconut Chutney</li> <li>• Poha</li> <li>• Bread, Butter, Jam</li> <li>• Flavored Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Sooji Porridge with Milk</li> <li>• French Toast/ Besan Toast</li> <li>• Sprouts Salad</li> <li>• Brown Bread, Butter, Jam &amp; Sauce</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Chicken Masala / Paneer Masala</li> <li>• Moong Daal</li> <li>• Aloo Beans</li> <li>• Chapati</li> <li>• Jeera Rice</li> <li>• Salad &amp; Pickle</li> <li>• Peanut Chikki</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Biryani/Veg and Paneer Biryani</li> <li>• Daal Makhani</li> <li>• Gobhi Matar</li> <li>• Green Salad</li> <li>• Plain Paratha</li> <li>• Curd, Papad &amp; Pickle</li> <li>• Rosogulla</li> </ul>	<ul style="list-style-type: none"> <li>• Chana Masala</li> <li>• Aloo Jeera</li> <li>• Salad &amp; Boondi Raita</li> <li>• Bhatara and Rice</li> <li>• Green Chutney</li> <li>(Daal Bati Third Tuesday)</li> <li>• Sooji Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Butter Chicken/ Paneer Butter Masala</li> <li>• Moong Masoor Daal</li> <li>• Lauki Tamatar</li> <li>• Salad</li> <li>• Butter Naan and Rice</li> <li>• Gulab Jamun</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Cake Slice and Bhujia</li> <li>• Choco Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Samosa</li> <li>• Bournvita Milk</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Cream Roll</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Pakora</li> <li>• Kesar Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Matar Paneer</li> <li>• Daal Mix</li> <li>• Aloo Bhindi</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Besan Ladoo</li> </ul>	<ul style="list-style-type: none"> <li>• Kadi Pakori</li> <li>• Aloo Matar</li> <li>• Daal Urad Dry</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Chocolate Burfi</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Masoor Sabut</li> <li>• Aloo Nutri</li> <li>• Bharwan Bhindi</li> <li>• Salad</li> <li>• Rice and Chapati</li> <li>• Motichur</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato and Cheese Soup</li> <li>• Paneer Pizza/Chicken Pizza</li> <li>• Potato Wedges/Chips</li> <li>• Tomato Sauce</li> <li>• Noodles</li> <li>• Swiss Roll</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Choco Milk, Dates</li> </ul>	<ul style="list-style-type: none"> <li>• Complian Milk, Milkist Chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• Choco Milk, Naan Khatai</li> </ul>	<ul style="list-style-type: none"> <li>• Coffee Milk , Fox Nuts</li> </ul>

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Mess Manager

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Mr Manoj Kumar Pareekh  
(Bursar)

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Cornflakes</li> <li>• Chicken Nuggets &amp; Boiled Eggs</li> <li>• Aloo Tikki &amp; Vegetable Sandwich</li> <li>• Brown Bread, Butter, Jam &amp; Sauce</li> <li>• Fruit</li> <li>• Milk</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Namkeen Vermicilli</li> <li>• Veg Samosa with Chutney</li> <li>• Sprouts Salad</li> <li>• Bread, Butter, Jam</li> <li>• Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Poha</li> <li>• Cheese Omelets/Uttipam or Chila</li> <li>• Peanut Butter</li> <li>• Flavored Milk</li> <li>• Toast, Butter ,Jam and sauce</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Rajmah Masala</li> <li>• Aloo Gobhi</li> <li>• Dahi Vada with Saunth</li> <li>• Salad</li> <li>• Rice &amp; Chapati</li> <li>• Makhan Bada</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Soup with Soup Stick</li> <li>• Fried Chicken or Grilled Paneer</li> <li>• Potato Wedges</li> <li>• Red Pasta or Spaghetti</li> <li>• Mushroom Rice</li> <li>• Brown Bread ,Butter and Sauce</li> <li>• Pineapple Pastries</li> </ul>	<ul style="list-style-type: none"> <li>• Meat do Pyaza/ Paneer do Pyaza</li> <li>• Daal Moong Masoor</li> <li>• Aloo Methi</li> <li>• Jeera Rice and Chapati</li> <li>• Acar/Papad/Salad</li> <li>• Moong Daal Halwa</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Tringa Sandwich</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Patties</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bhelpuri</li> <li>• Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Sweet Corn Soup</li> <li>• Veg Fried Rice</li> <li>• Vegetable Noodles</li> <li>• Chili Fish/ Chili Gobhi and Mushrooms</li> <li>• Tofu Wraps</li> <li>• Fruit Custard</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Arhar Tadka</li> <li>• Aloo Matar</li> <li>• Palak Tamatar</li> <li>• Salad</li> <li>• Nutri Pulao and Paratha</li> <li>• Rewri</li> </ul>	<ul style="list-style-type: none"> <li>• Lobiya or Kala Chana Masala</li> <li>• Aloo Rogan Josh</li> <li>• Baigan Bharta</li> <li>• Salad</li> <li>• Rice and Chapati</li> <li>• Sewain Kheer</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Bournvita Milk, Chocolate Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Complian Milk, Moong Daal</li> </ul>	<ul style="list-style-type: none"> <li>• Choco Milk, Oreo Biscuit</li> </ul>

Remarks: 1. Extra Diet for those who are in the School Team 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. Gur to be served

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Mess Manager

Mr Manoj Kumar Pareekh  
Bursar

**MAYO COLLEGE****JUNIOR SCHOOL MESS MENU FEB 2023 (Second and Fourth week)**

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>Morning Milk</b>	-	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Kadi Kachori with Saunth</li> <li>• Masala Wai wai</li> <li>• Brown Bread, Butter, Jam &amp; Sauce</li> <li>• Flavored Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Chocos with Milk</li> <li>• Chicken Seekh Kebab &amp; Fried Eggs</li> <li>• Veg Cutlet &amp; Cheese Toast</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Masala Idli and Sambhar</li> <li>• Upma</li> <li>• Coconut Chutney</li> <li>• Bread, Butter and Jam</li> <li>• Kesar Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Kala Chana</li> <li>• Bedmi Poori with Aloo Subzi and Chutney</li> <li>• Bread, Butter, Jam &amp; Tomato Sauce</li> <li>• Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Egg Bhurji/Paneer Bhurji</li> <li>• Moong Daal</li> <li>• Aloo Tamatar</li> <li>• Veg Biryani and Chapati</li> <li>• Achar/Papad/ Salad</li> <li>• Curd</li> <li>• Makhan Bada</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Korma/Paneer Korma</li> <li>• Arhar Daal</li> <li>• Aloo Pudina</li> <li>• Chapati and Rice</li> <li>• Salad &amp; Pickle</li> <li>• Gulab Jamun</li> </ul>	<ul style="list-style-type: none"> <li>• Alu Bhaji</li> <li>• Kashiphal/Kala Chana</li> <li>• Bundi Raita</li> <li>• Poori and Pulao</li> <li>• Salad &amp; Pudina Chutney</li> <li>• Sooji halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Roomali Roti and Rice</li> <li>• Kadai Chicken/ Kadai Paneer</li> <li>• Moong Daal</li> <li>• Gwaefali Aloo</li> <li>• Salad</li> <li>• Gajjak</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Vada Pav</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Patties</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Sandwich</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Samosa</li> <li>• Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Paneer Masala</li> <li>• Daal Makhani</li> <li>• Aloo Beans</li> <li>• Rice and Tandoori Roti</li> <li>• Salad</li> <li>• Besan Burfi</li> </ul>	<ul style="list-style-type: none"> <li>• Kadi Pakori</li> <li>• Aloo Hara Chana</li> <li>• Palak Tamatar</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Cham Cham</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato and Cheese Soup</li> <li>• Veg and Cheese Pizza</li> <li>• Potato wedges/Chips</li> <li>• Tomato Sauce</li> <li>• Noodles</li> <li>• Fruit Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Masoor Sabut</li> <li>• Karela Masala</li> <li>• Aloo Rogan Josh</li> <li>• Salad</li> <li>• Rice and Chapati</li> <li>• Boondi</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk, Dates</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Fruit Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Milkist Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Milk ,Biscuits</li> </ul>

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Mess Manager

Mr Manoj Kumar Pareekh  
Bursar

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Elaychi Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Sabootdana Khichdi</li> <li>• Paneer Chila/Masala Omelets</li> <li>• Bread, Butter, Jam &amp; Tomato Chutney</li> <li>• Tofu Cutlets</li> <li>• Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Namkeen Sewain</li> <li>• Egg Sandwich/Aloo Sandwich Grilled</li> <li>• Sprouts Salad</li> <li>• Toast, Butter, Jam &amp; Sauce</li> <li>• Elaychi Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Onion Kachori</li> <li>• Tamarind Chutney</li> <li>• Poha</li> <li>• Chocolate Milk</li> <li>• Bread, Butter and Jam</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Aloo Chole</li> <li>• Matar Paneer</li> <li>• Dahi Vada with Saunth</li> <li>• Salad</li> <li>• Pulao &amp; Chapati</li> <li>• Kesar Bati</li> </ul>	<ul style="list-style-type: none"> <li>• Hot and sour Soup</li> <li>• Chilli Chicken/Chilli Paneer</li> <li>• Hakka Moodles</li> <li>• Veg Fried Rice</li> <li>• Vegetable Wraps</li> <li>• Chocolate Pastry</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Curry/Paneer Pasanda</li> <li>• Daal Moong Masoor</li> <li>• Aloo Baigan</li> <li>• Jeera Rice and Chapati</li> <li>• Acar/Papad/Salad</li> <li>• Gajjar Halwa</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Daal Kachoris</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chaat Papri</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Peanut and Chana</li> <li>• Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Vegetable Soup</li> <li>• Chicken Hot Dog/Veg Hot Dog</li> <li>• Finger Chips</li> <li>• Pasta Red or White</li> <li>• Brown Bread, Butter and Sauce</li> <li>• Cake Custard</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Yellow Tadka</li> <li>• Mushroom Matar</li> <li>• Papad or Sev Tamatar</li> <li>• Salad</li> <li>• Nutri Pulao and Paratha</li> <li>• Kala Jam</li> </ul>	<ul style="list-style-type: none"> <li>• Lobiya Masala/Kala Chana</li> <li>• Aloo Gobhi</li> <li>• Lauki Kofta Curry</li> <li>• Salad</li> <li>• Rice &amp; Chapati</li> <li>• Elaychi Kheer</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk, Roasted Peanuts</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Fox Nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Chocolate Muffins</li> </ul>

Remarks: 1. Extra Diet for those who are in the School Team 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. Gur to be served

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Mess Manager

Mr Manoj Kumar Pareekh  
Bursar

## SENIOR AND MIDDLE MESS MENU FEB 2023 (First and Third week)

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Stuffed Paratha</li> <li>• Aloo Subzi</li> <li>• Curd and Pickle</li> <li>• Butter</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Upma</li> <li>• Egg Bhurji/Mix Pakoras</li> <li>• Chana Sprouts</li> <li>• Brown Bread, Butter, Jam, Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Poha</li> <li>• Idli, Sambhar &amp; Coconut Chutney</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Namkeen Vermicelli</li> <li>• French Toast/Besan Toast</li> <li>• Moong Sprouts</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Chapati</li> <li>• Daal Makhani</li> <li>• Veg and Paneer Biryani/Chicken Biryani</li> <li>• Mirchi Ka Salan</li> <li>• Aloo Tamatar</li> <li>• Salad and Pickle</li> <li>• Shrikhand</li> </ul>	<ul style="list-style-type: none"> <li>• Butter Chicken/Paneer Butter Masala</li> <li>• Arhar Daal Tadka</li> <li>• Lauki Tamatar</li> <li>• Rice and Chapati</li> <li>• Pickle, Papad and Salad</li> <li>• Agra Petha</li> </ul>	<ul style="list-style-type: none"> <li>• Chana Kabuli</li> <li>• Aloo Jeera</li> <li>• Boondi Raita</li> <li>• Bhatura or Laccha Paratha</li> <li>• Salad &amp; Pickle</li> <li>• Daal Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Keema/Paneer Kofta Curry</li> <li>• Mushroom Masala</li> <li>• Daal Urad Chana</li> <li>• Veg Pulao and Chapati</li> <li>• Mint Raita</li> <li>• Salad</li> <li>• Fruit Cream</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Veg Patties</li> <li>• Coffee Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Vada Pao</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Muffins</li> <li>• Bournvita Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Sandwich</li> <li>• Choco Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Paneer Masala</li> <li>• Daal Moong Masoor</li> <li>• Palak Tamatar</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Mawa Burfi</li> </ul>	<ul style="list-style-type: none"> <li>• Kadi Pakori</li> <li>• Matar Tamatar Kasundi</li> <li>• Bharwan Baigan</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Gulab Jamun</li> </ul>	<ul style="list-style-type: none"> <li>• Hot and Sour Soup</li> <li>• Veg Noodles and Fried Rice</li> <li>• Chili Paneer</li> <li>• Veg Manchurian</li> <li>• Garlic Bread, Butter and Sauce</li> <li>• Chocolate Pastries</li> <li>( Daal and Rice)</li> </ul>	<ul style="list-style-type: none"> <li>• Rajma Masala</li> <li>• Bharwan Bhindi</li> <li>• Semfali Aloo</li> <li>• Rice and Chapati</li> <li>• Papad and Salad</li> <li>• Makhan Bada</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Salted Wheat Puffs</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Biscuits Oreo</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Salto Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Rusks</li> </ul>

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Mess Manager

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Mr Manoj Kumar Pareekh  
(Bursar)

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Wheat Porridge</li> <li>• Boiled Eggs/Veg Cutlet</li> <li>• Kala Chana</li> <li>• Toast, Butter, Honey and Tomato Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Namkeen Daliya</li> <li>• Moong Daal Paneer Chila / Masala Omelet</li> <li>• Sprouts Salad</li> <li>• Toast, Butter, Sauce and Jam</li> <li>• Seasonal Fruit</li> <li>• Milk</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Sabootdana Khichdi</li> <li>• Bread Roll/ Egg Bhurji</li> <li>• Cheese Slice</li> <li>• Bread, Butter, Jam ,Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Palak Paneer/Meat Masala</li> <li>• Green Daal</li> <li>• Arbi Masala</li> <li>• Curd</li> <li>• Rice and Roomali Roti</li> <li>• Salad</li> <li>• Daal Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Curry /Paneer Lababdar</li> <li>• Dal Yellow Tadka</li> <li>• Mangori Pyaz</li> <li>• Chapati and Rice</li> <li>• Green Salad &amp; Curd</li> <li>• Peanut Chikki</li> </ul>	<ul style="list-style-type: none"> <li>• Kadai Chicken /Kadai Paneer</li> <li>• Daal Moong</li> <li>• Aloo Bhindi</li> <li>• Jeera Pulao and Chapati</li> <li>• Lahsun Chutney, Salad and Papad</li> <li>• Til Ladoo</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Samosa</li> <li>• Coffee Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Burger</li> <li>• Choco Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Kachori</li> <li>• Badam Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Daal Mix</li> <li>• Veg Jhalfrezi</li> <li>• Lauki Kofta Curry</li> <li>• Rice and Chapati</li> <li>• Salad and Papad</li> <li>• Kala Jam</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Masoor Sabut</li> <li>• Gobhi Matar</li> <li>• Aloo Gujrati</li> <li>• Salad and Chutney</li> <li>• Jeera Rice and Plain Parathas</li> <li>• Jalebi</li> </ul>	<ul style="list-style-type: none"> <li>• Capsicum and Paneer Bhurji/Egg Bhuji</li> <li>• Daal Moong Masoor</li> <li>• Mix Veg</li> <li>• Jeera Pulao and Chapati</li> <li>• Salad</li> <li>• Rice Kheer</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Roasted Peanut</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Bhujia</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Dry Bhel</li> </ul>

**Remarks:** 1. Extra Diet for those who are in the School Team 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. Gur to be served

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**Mess Manager**

**Mr Manoj Kumar Pareekh  
Bursar**

**MAYO COLLEGE**  
**SENIOR AND MIDDLE MESS MENU FEB 2023 (Second and Fourth week)**

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Aloo Bhaji and Methi Poori</li> <li>• Sooji Halwa</li> <li>• Curd</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• White Oats</li> <li>• Omelet/Brad Pakora</li> <li>• Upma</li> <li>• Brown Bread, Butter, Chutney</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Poha</li> <li>• Veg Samosa or Pyaz Kachori and Tamarind Chutney</li> <li>• Maggi Masala</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat Porridge</li> <li>• Boiled Eggs/Bread Roll</li> <li>• Sprouted Moong</li> <li>• Milk</li> <li>• Brown Bread, Butter, Sauce &amp; Honey</li> <li>• Fruit</li> <li>• Tea for staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Veg and Paneer Biryani</li> <li>• Seekh Kebab Masala/Soya Chap Masala</li> <li>• Daal Yellow Tadka</li> <li>• Chapati and Rice</li> <li>• Salad and Curd</li> <li>• Gur Para</li> </ul>	<ul style="list-style-type: none"> <li>• Kadai Chicken/Kadai Paneer</li> <li>• Daal Moong</li> <li>• Aloo Capsicum</li> <li>• Plain Curd</li> <li>• Chapati and Rice</li> <li>• Salad</li> <li>• Kala Jam</li> </ul>	<ul style="list-style-type: none"> <li>• Mix Daal( Green)</li> <li>• Besan Gutta Curry</li> <li>• Rice and Bati</li> <li>• Mirchi Kuta/Fry Mirchi</li> <li>• Raita, Salad &amp; Pudina Chutney</li> <li>• Churma</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Curry/Paneer Maslala</li> <li>• Gobhi Matar</li> <li>• Daal Urad Dhuli</li> <li>• Rice and Chapati</li> <li>• Curd and Salad</li> <li>• Peanut Chikki</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Chutney Sandwich</li> <li>• Coffee Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Patties</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Muffins</li> <li>• Bournvita Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cream Roll</li> <li>• Coffee Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Paneer Pasanda</li> <li>• Daal Masoor Sabut</li> <li>• Gobhi Matar</li> <li>• Rice and Chapati</li> <li>• Salad</li>   <li>• Gajjar Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Daal</li> <li>• Veg. Kofta Curry</li> <li>• Matar paneer</li> <li>• Rice and Chapati</li> <li>• Salad</li>   <li>• Rosogulla</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Cheese Soup</li> <li>• Pao Bhaji</li> <li>• Cheese Pasta</li> <li>• Bread, Butter and Sauce</li> <li>• Finger Chips</li>   <li>• Brownie Custard</li>   <li>( Daal and Rice)</li> </ul>	<ul style="list-style-type: none"> <li>• Aloo Chole</li> <li>• Mix Vegetable</li> <li>• Tamatar Kishmish Chutney</li> <li>• Yellow Rice and Chapati</li> <li>• Salad</li>   <li>• Malpua</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Roasted Chana</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Soya Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Aloo Bhujia</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Daal Moong</li> </ul>

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**Mess Manager**

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**Mr Manoj Kumar Pareekh**  
**(Bursar)**

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• White Oats</li> <li>• Sauté Tofu</li> <li>• Cheese Omelets /Matar and cheese Cutlets</li> <li>• Milk</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Namkeen Daliya</li> <li>• Egg Bhurji/ Bread Roll</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Lobiya Sprout</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Chocos with Milk</li> <li>• Grilled Cheese sandwich / Potato Bites</li> <li>• Chicken Nuggets/Boiled Eggs</li> <li>• Brown Bread, Butter, Jam and Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Fish Curry/Paneer Korma</li> <li>• Daal Urad chana</li> <li>• Cabbage Matar Tamatar</li> <li>• Chapati and Rice</li> <li>• Salad and Papad</li> <li>• Gajjar Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Keema Matar/Paneer Matar</li> <li>• Daal Yellow Tadka</li> <li>• Bhindi Bharwan</li> <li>• Roomali Roti and Rice</li> <li>• Green Salad</li> <li>• Petha</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Korma/ Soya Chaap Masala</li> <li>• Daal Moong Chilka</li> <li>• Gobhi Matar</li> <li>• Rice and Tandoori Roti</li> <li>• Lahsun chutney</li> <li>• Salad and Papad</li> <li>• Til Patti</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Daal Kachori</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bhelpuri</li> <li>• Coffee Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Malkist Cheese</li> <li>• Milo Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Mix Daal Tadka</li> <li>• Aloo Pudina</li> <li>• Sev Tamatar</li> <li>• Rice and Chapati</li> <li>• Mix Green Salad</li> <li>• Gulab Jamun</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Pulao and Chapati</li> <li>• Lobia Masala</li> <li>• Palak Paneer</li> <li>• Gajjar Matar</li> <li>• Salad and Papad</li> <li>• Black Forest Pastries</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Arhar</li> <li>• Shahi Paneer</li> <li>• Aloo Pyaz ( small)</li> <li>• Jeera Pulao and Chapati</li> <li>• Salad</li> <li>• Sewian Kheer</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Roasted Chana</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Rusks</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Soya Sticks</li> </ul>

Remarks: 1. Extra Diet for those who are in the School Team 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. Gur to be served.

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Mess Manager

Mr Manoj Kumar Pareekh  
Bursar