

MAYO COLLEGEJUNIOR SCHOOL MESS MENU FEB 2024 (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"> • Elaychi Milk • Biscuits 	<ul style="list-style-type: none"> • Elaychi Milk • Biscuits 	<ul style="list-style-type: none"> • Elaychi Milk • Biscuits 	<ul style="list-style-type: none"> • Elaychi Milk • Biscuits
Breakfast	<ul style="list-style-type: none"> • Pao Bhaji • Wai Wai Noodles • Onion Salad • Bread, Butter and Jam • Flavored Milk • Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Wheat Porridge with Milk • Stuffed Paratha with Green Chutney • Sweet Curd • Bread, Butter, Jam • Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Vada Sambhar with Coconut Chutney • Poha • Bread, Butter, Jam • Flavored Milk • Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Sooji Porridge with Milk • French Toast/ Besan Toast • Sprouts Salad • Brown Bread, Butter, Jam & Sauce • 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 Masala / Paneer Masala • Moong Daal • Aloo Beans • Chapati • Jeera Rice • Salad & Pickle • Peanut Chikki 	<ul style="list-style-type: none"> • Chicken Biryani/Veg and Paneer Biryani • Daal Makhani • Gobhi Matar • Green Salad • Plain Paratha • Curd, Papad & Pickle • Rosogulla 	<ul style="list-style-type: none"> • Chana Masala • Aloo Jeera • Salad & Boondi Raita • Bhatura and Rice • Green Chutney (Daal Bati Third Tuesday) • Sooji Halwa 	<ul style="list-style-type: none"> • Butter Chicken/ Paneer Butter Masala • Moong Masoor Daal • Lauki Tamatar • Salad • Butter Naan and Rice • Gulab Jamun
Evening Refreshment	<ul style="list-style-type: none"> • Vada Pao • Choco Milk 	<ul style="list-style-type: none"> • Samosa • Bournvita Milk • 	<ul style="list-style-type: none"> • Cream Roll • Complian Milk 	<ul style="list-style-type: none"> • Veg Pakora • Kesar Milk
Dinner	<ul style="list-style-type: none"> • Matar Paneer • Daal Mix • Aloo Bhindi • Rice and Chapati • Salad • Besan Ladoo 	<ul style="list-style-type: none"> • Kadi Pakori • Aloo Matar • Daal Urad Dry • Rice and Chapati • Salad • Chocolate Burfi 	<ul style="list-style-type: none"> • Daal Masoor Sabut • Aloo Nutri • Bharwan Bhindi • Salad • Rice and Chapati • Motichur 	<ul style="list-style-type: none"> • Tomato and Cheese Soup • Paneer Pizza/Chicken Pizza • Potato Wedges/Chips • Tomato Sauce • Noodles • Swiss Roll
Night Milk	<ul style="list-style-type: none"> • Choco Milk, Dates 	<ul style="list-style-type: none"> • Complian Milk, Milkist Chocolate 	<ul style="list-style-type: none"> • Choco Milk, Oreo Biscuits 	<ul style="list-style-type: none"> • Coffee Milk , Fox Nuts

Mess ManagerMr. Manoj Kumar Pareek
Bursar

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

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

Mess Manager

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Bursar

MAYO COLLEGEJUNIOR SCHOOL MESS MENU FEB 2023 (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"> • Elaychi Milk • Biscuits 	<ul style="list-style-type: none"> • Elaychi Milk • Biscuits 	<ul style="list-style-type: none"> • Elaychi Milk • Biscuits
Breakfast	<ul style="list-style-type: none"> • Kadi Kachori with Saunth • Masala Wai wai • Brown Bread, Butter, Jam & Sauce • Flavored Milk • Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Chocos with Milk • Chicken Seekh Kebab & Fried Eggs • Veg Cutlet & Cheese Toast • Bread, Butter, Jam & Sauce • Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Masala Idli and Sambhar • Upma • Coconut Chutney • Bread, Butter and Jam • Kesar Milk • Fruit • Tea for Staff 	<ul style="list-style-type: none"> • Kala Chana • Bedmi Poori with Aloo Subzi and Chutney • Bread, Butter, Jam & Tomato Sauce • Milk • 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"> • Egg Bhurji/Paneer Bhurji • Moong Daal • Aloo Tamatar • Veg Biryani and Chapati • Achar/Papad/ Salad • Curd • Makhan Bada 	<ul style="list-style-type: none"> • Chicken Korma/Paneer Korma • Arhar Daal • Aloo Pudina • Chapati and Rice • Salad & Pickle • Gulab Jamun 	<ul style="list-style-type: none"> • Alu Bhaji • Kashiphal/Kala Chana • Bundi Raita • Poori and Pulao • Salad & Pudina Chutney • Sooji halwa 	<ul style="list-style-type: none"> • Roomali Roti and Rice • Kadai Chicken/ Kadai Paneer • Moong Daal • Gwaefali Aloo • Salad • Gajjak
Evening Refreshment	<ul style="list-style-type: none"> • Vada Pav • Milk 	<ul style="list-style-type: none"> • Veg Patties • Milk • 	<ul style="list-style-type: none"> • Veg Sandwich • Milk 	<ul style="list-style-type: none"> • Samosa • Milk
Dinner	<ul style="list-style-type: none"> • Paneer Masala • Daal Makhani • Aloo Beans • Rice and Tandoori Roti • Salad • Besan Burfi 	<ul style="list-style-type: none"> • Kadi Pakori • Aloo Hara Chana • Palak Tamatar • Rice and Chapati • Salad • Cham Cham 	<ul style="list-style-type: none"> • Tomato and Cheese Soup • Veg and Cheese Pizza • Potato wedges/Chips • Tomato Sauce • Noodles • Fruit Cream 	<ul style="list-style-type: none"> • Daal Masoor Sabut • Karela Masala • Aloo Rogan Josh • Salad • Rice and Chapati • Boondi
Night Milk	<ul style="list-style-type: none"> • Milk, Dates 	<ul style="list-style-type: none"> • Milk, Fruit Cake 	<ul style="list-style-type: none"> • Milk, Milkist Cheese 	<ul style="list-style-type: none"> • Milk ,Biscuits

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Bursar

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

Remarks:

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