

**MAYO COLLEGE****SENIOR AND MIDDLE MESS MENU FEB 2024 (First and Third week)**

<b><u>Meals</u></b>	<b><u>Sunday</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>
<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>• Garlic Chutney</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>• Sausages/Pqaneer Stuffed 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>• Raita, Salad and Pickle</li> <li>• Til Patti</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 Butter Naan</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> <li>OR</li> <li>• Sarson Ka Saag</li> <li>• Hari Moong Daal</li> <li>• Lahsun Chutney</li> <li>• Rice and Makki Roti</li> <li>• Salad &amp; Pickle</li> <li>• Boondi Raita</li> <li>• Gur</li> </ul>	<ul style="list-style-type: none"> <li>• Keema Matar/Paneer Kofta Curry</li> <li>• Aloo Gobhi</li> <li>• Daal Urad Chana</li> <li>• Veg Pulao and Chapati</li> <li>• Mint Raita</li> <li>• Salad</li> <li>• Rajbhog</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>• Brownies</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>• Makhana Bada</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Jim Jam Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Choco Chips</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>

<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</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>• 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>• Paneer 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 Bhujji</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>• Oreo Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Dark Fantasy Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Good day Biscuits</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

Mess Manager

Mr. Manoj Kumar Pareek  
Bursar

**MAYO COLLEGE**  
**SENIOR AND MIDDLE MESS MENU FEB 2024 (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>• Wheat Porridge with Milk</li> <li>• Cheese Omelets/Matar Pattis</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>• Masala 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>• Tandoori Roti 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> <li>OR</li> <li>• Chana Masala</li> <li>• Aloo Halwai</li> <li>• Green Chutney</li> <li>• Rice and Poori</li> <li>• Papad, Salad &amp; Pickle</li> <li>• Boondi Raita</li> <li>• Sooji Halwa</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>• Banana Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Chocolate Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Hide and Seek Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Rusks</li> </ul>

Mess Manager

Mr. Manoj Kumar Pareek  
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/ Paneer 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>• Vada Pao</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>• Good Day Biscuits</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>• Bon Bon Chips</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.

Mess Manager

Mr. Manoj Kumar Pareek  
Bursar