

PONDICHERY UNIVERSITY

ILANGO ADIGAL MESS MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Bread (6 slice), Jam	Poori (6)	Dosa (3)	Poori (6)	Kichadi	Dosa (3)	Idly (6), Vadai
BREAKFAST 07:30 AM TO 09:00 AM	Boiled egg (with shell) or Banana (Moris)	Aloo Masala Coffee	Aloo Masala Chutney	Aloo Bhaji Coffee	Boiled egg (with shell)/Banana (Moris)	Sambar Chutney	Sambar Chutney
	Chenna masala Coffee		Coffee			Sambar Chutney	Coffee Coffee
					Coffee		
LUNCH 12:30 PM TO 02:30 PM	Chappathy	Chappathy	Chappathy	Chappathy	Chappathy	Chappathy	Chappathy
	Mixed dal fry	Masoor-Moong dal fry	Dal	Toor dal fry	Rajma Dal fry	Chowli dal fry	Nilgiri Chicken - NV
	Boiled rice	Boiled rice	Boiled rice	Boiled rice	Boiled rice	Boiled rice	Palak Paneer
	Sambar	Vathakuzhambu	Sambar	Mochai brinjal k.kulam	Sambar	Sambar	Boiled rice
	Rasam	Rasam	Rasam	Rasam	Rasam	Rasam	Moong dal fry
	Veg. poriyal	Veg. Poriyal	Poriyal	Veg. Poriyal	Koottu	Cabbage poriyal	Pickle
	Curd	Curd	Mour kulambu	Curd	Curd	Curd	
	Papad	Papad	Papad	Papad	Papad	Papad	
Pickle	Pickle	Pickle	Pickle	Pickle	Pickle		
TEA 04:30 PM TO 5:30 PM	Tea	Tea	Tea	Tea	Tea	Tea	Tea
DINNER 07:30 PM TO 09:00 PM	Chappathy	Chappathy	Chappathy	Chappathy	Chappathy	Chappathy	Chappathy
	Egg curry(One egg with shell or mix.veg curry)	Brinjal aloo (or) Chana masala	Chicken curry -NV Panneer Mutter -Veg.	Veg. kuruma Veg.Briyani	Chicken Curry-NV	Aloo Mutter Kuruma Variety Rice	Veg. Kuruma Dal
	Boiled rice	Boiled rice	Boiled rice	Boiled rice	Boiled rice	Boiled rice	Boiled rice
	Dal	Sambar	Sambar	Dal	Dal	Dal	Butter Milk
	Rasam	Butter Milk	Rasam	Rasam	Butter Milk	Rasam	Pickle
		Pickle	Pickle	Pavasam	Rasam	Pickle	Pappad

Note :

1. Evening tea will be served at the dining hall.
(05.30 pm - 06.30 pm)

2. Seasonable vegetables:

SUMMER

French beans
Carrot
Cabbage
Tendli
Raw banana
Beetroot / Channa

WINTER

Carrot / French beans
Cauliflower
Cabbage
Brinjal
Greens
Raw banana
Beetroot / Channa