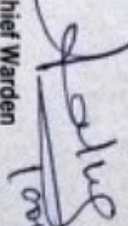
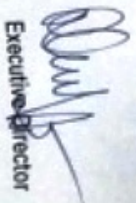


DAV UNIVERSITY, JALANDHAR (Boys' Hostel Mess Menu applicable w.e.f Nov 1, 2022)

Day	Breakfast	Lunch	Evening Tea	Dinner
Monday	Aaloo Parantha with Butter/Curd Tea/ Milk	Dal Makhani (Mah), Gajar Mattar, Jeera Rice, Chapatti, Vegetable Raita, Salad	Mix Pakoda & Tea	Sabat Masur dal, Seasonal Vegetable, Rice, Chapatti, Salad, Kheer
Tuesday	Gobi Aloo Parantha with Butter/Curd Tea/ Milk	Rajma, Aaloo Gobhi, Curd, Chappati, Rice, Salad	Mattar & Tea	Mah Channa Dal, Kolha Curry, Chapatti, Rice, Salad
Wednesday	Mooli Parantha with Butter/Curd Tea/ Milk	White Channa, Mix veg, Jeera rice Chapatti, Salad, Vegetable Raita	Samosa & Tea	Palak Paneer, Aaloo Mattar, Chapatti, Rice, Salad, Rasgulla
Thursday	Mix Parantha with Butter/Curd Tea/ Milk	Curry Pakora, Aaloo Nutri Rice, Chapatti, Salad	Bread Pakoda & Tea	Dal Makhani (Mah), Chaap, Chapatti, Rice, Salad
Friday	Aaloo onion Parantha with Butter/Curd Tea/ Milk	Mattar Paneer, Mixed Veg, Chapatti, Salad, Rice	French Fries & Tea	Rajma, Aaloo Gobhi, Curd, Chapatti, Rice, Salad, Sweet Vermicelli
Saturday	Gobi Parantha with Butter/Curd Tea/ Milk	Black Channa, Mattar Mashroom, Rice, Chapatti, Vegetable Raita, Salad	Noodles & Tea	Lal Masur Dal, Aaloo Nutri, Rice, Chapatti, Salad
Sunday	Plain Parantha with aaloo sabji	Vegetable Biryani, Channa-Bhatura/ Chana Poori (Alternate days) Curd, Salad	Pasta & Tea	Sabat Moong Dal, Gajar Mattar, Rice Chapatti, Salad, Soji Halwa

Chief Warden  
  
 10/11/22



Executive Director  


DAV UNIVERSITY, JALANDHAR (Girls Hostel Mess Menu applicable w.e.f Nov 1, 2022)

Day	Breakfast	Lunch	Evening Tea	Dinner
Monday	Moooli - Parantha, Butter/Curd, Teal Milk	Dal Makhani (Mah), Aaloo gobhi, Jeera Rice, Chapatti, Vegetable Raita, Fresh Salad	French Fries, Tea	Moong Masurt, Palak Panner, Chapati, Jeera Rice, Salad,
Tuesday	Plain Parantha with Aloo Subzi, Butter/Curd, Teal Milk	Lal Masur Daal Chana masala, Curd, Chapatti, Salad, Veg Pulao	Bread Rolls Tea	Aaloo Matar, Mix Veg, Chapatti, Rice, Salad, Rasogullal Gulab Jamun (1 Piece)
Wednesday	Besan Onion Palak Parantha Butter/Curd , Teal Milk	Rajma, Aaloo Methi, Jeera rice, Chapatti , Salad Plain, Vegetable Raita	Matar Aaloo Samosa, Tea	Arhar Dal, Gobhi Matar, Rice, Chapatti, Salad
Thursday	Aloo Gobhi Parantha Butter/Curd, Teal Milk	Curry Pakora, Gajar Mattar Rice, Chapatti, Salad, Curd	Aaloo TIKKI, Tea	Dry Aaloo Nutrela, Kofta, Chapatti, Salad, Jeera Rice, Sweet Vermicelli,
Friday	Aaloo Puri / Poha Curd Teal Milk	Chana Daal, Mix Veg, Chapatti, Jeera Rice, Salad, Boondi Raita	Veg Vermicelli Tea	Sarson ka Saag, Mutter paneer, Makki ki Roti/ Wheat Chapatti, Salad, Rice
Saturday	Methi prantha Butter/Curd , Teal Milk	Black Channa, Jeera Aaloo, Plain Rice , Chapatti , Vegetable Raita, Salad	Bread Pakora Tea	Gajar Mattar, Dak Makhani (Mah), Pulao, Chapatti, Salad, Kheer
Sunday	Aaloo Parantha / Bread (6 pcs) with jam, Butter/Curd, Teal Milk	Chana-Bhatural Chana Poori (Alternate days) Curd, Salad, Jeera Rice, Suji Halwa	Suji Pasta / Macroni, Tea	Sabut Moong, Arbi / Mutter Mushroom, Vegetable Biryani, Curd Chapatti, Salad

Chief Warden

Executive Director