

South Mess Spring 2025 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Carb 1	Ghee Pesarattu	Poori/Triangle Chapathi	Uttapam	Pongal	Dosa(Karam/corn)	Onion Bonda/Punugulu	kancheepuram/raagi idly
	Carb 2	Upma	Bread- Butter- Jam	Dalia	Wada	Tomato Upma	Poha	Semiya Upma
	Accompaniments	Sambar, Chutney, Allam Chutney	Andhra poori curry/ Aloo curry	Sambar, Chutney	Sambar, Chutney	Sambar, Chutney	Tomato Chutney	Sambar, Chutney
	Mandatory Item	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
	Protein	Sattu Drink	Streamed Moong Sprouts Salad	Steamed Chana Sprouts Salad	Sattu Drink	Steamed Moong Sprouts Salad	Steamed Peanut Salad	Sattu Drink
	Fruit	Watermelon	Banana	Muskmelon	Pineapple	Papaya	Banana	Muskmelon
	Drink	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk	Tea/ Coffee/ Milk
Lunch	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Pulihora		Veg Biryani				Paneer Biryani
	Carb 3	Roti	Roti	Roti	Palak Roti	Roti	Roti	Roti
	Protein 1/Dal	Dosakaya Pappu	Thotakura Pappu	Moong Dal	Leaf Dal	Tomato Pappu	Muddha Pappu	Palakura Pappu
	Veg1	Potato Curry	Tomato Drumstrick	Meal Maker	Dondakaya Fry	Chana Brinjal	Beans Curry	Aloo Matar Curry
	Veg2		French fries/Gobi 65			Creamy Tomato Soup	Kofta Curry	Raita&Mirchi ka salan
	Veg3	Pappu Charu	Rasam	Raita & Mirchi ka salan	Bisi bele Bath, Boondhi	Sambar	Pacchi Pulusu	Sambar
	Accompaniants	Chutney/pachhadi, Curd, Peanut Salad, Paapad	Chutney/ Pachhadi, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Onion Salad, Banana Chips	Chutney/ Pachhadi, Curd, Salad, Paapad	Chutney/ Pachhadi, Curd, Salad, Minapa Odiyalu	Mango/Tomato Pickle, Curd, Salad, Fryums	Chutney/ Pachhadi, Curd, Onion Salad, Challa Mirchi
Dessert	Mix seed laddu / Coconut Laddu / Flax seed Laddu			Semiya Payasam/Bellam Payasam/Paravanam			Fruit Custard	
Snacks	Item	Mirchi Bajji	Samosa	Gunta Ponganalu	Onion Pakodi	Aloo Bonda	Steam Dosa	Pav Bhaji
	Drink	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk	Tea/ Milk
Dinner	Carb 1	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Carb 2	Panner Paratha	Roti	Dosa	Triangle Chapathi	Roti	Poori	Roti
	Protein 1/Dal	Vegetable Dal	Leaf Dal	Masoor Dal	Tomato Pappu	Leaf Dal		
	Veg1	Dondakaya/Bendakaya fry	Guttivankaya masala	Aloo Curry	Palak Paneer	Carrot Green Peas/ Beetroot	Aloo Sabji/Chole	Tomato Chana Dal curry
	Veg2			Groundnut chutney		Cabbage Fry	Bendakaya Pulusu	Gobi/Veg Manchuria
	Veg3	Sambar	Rasam	Sambar	Pepper Rasam	Sambar	Majjiga charu	Pappu Charu
	Accompaniants	Karam Chitla Podi, Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad	Pickle, Curd, Salad, challa Mirchi	Pickle, Curd, Salad, Daddoanam
Dessert			Spl. Sweet				Basen Chikki/ Bread Halwa	