

# THE GIRLS GURUKUL (MESS MENU)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Aloo parantha, tea, pickle, chutney	Pyaz parantha, tea, pickle, chutney	Mix parantha, tea, pickle, chutney	Aloo parantha, tea, pickle, chutney	Pyaz parantha, tea, pickle, chutney	Mix parantha, tea, pickle, chutney	Poha, tea/coffee
<b>Morning refreshment</b>	<b>Veg sandwich</b> 	<b>Maggi</b> 	<b>Pasta</b> 	<b>Macroni</b> 	<b>Pastry</b> 	<b>Bread toast</b> 	----
<b>Lunch</b>	Rajma, rice, boondi raita, chapati, salad, pickle	Seasonal veg, chapati, salad, pickle	White chana, rice, chapati, cucumber raita, salad, pickle	Kadhi pakora, rice, chapati, salad, pickle	Matar paneer, chapati, salad, pickle	Black chana, rice, chapati, curd, salad, pickle	Chhole bhature/poori, raita, salad, pickle
<b>Dessert</b>	<b>Rasgulla</b> 	<b>Kheer</b> 	<b>Gulab jamun</b> 	<b>Rasgulla</b> 	<b>Kheer</b> 	<b>Gulab jamun</b> 	<b>Custard</b> 
<b>Evening refreshment</b>	Fruits/shake	Fruits/shake	Fruits/shake	Fruits/shake	Fruits/shake	Fruits/shake	-----
<b>Dinner</b>	Green veg, chapati, milk	Daal, chapati, milk	Green veg, chapati, milk	Daal, chapati, milk	Rajma/veg, chapati, milk	Green veg, chapati, milk	Namkeen rice, milk