



## Manipal University Jaipur's Interventions to Prevent and Alleviate Food Insecurity Among Staff

At Manipal University Jaipur (MUJ), we recognize that food security is a fundamental aspect of well-being, and we are committed to supporting the health and financial stability of our staff members. We understand that, while food insecurity can be a significant concern for students, it may also affect staff members, impacting their quality of life and overall job satisfaction. To address this, MUJ has established several initiatives aimed at preventing and alleviating food insecurity among our staff, ensuring they have consistent access to nutritious and affordable food options.

MUJ is in the process of developing an on-campus food pantry program where staff members can access free, shelf-stable items such as rice, lentils, canned vegetables, and other essential foods. This service helps alleviate food insecurity by providing a reliable source of groceries for those who may need it.

MUJ conducts workshops that cover topics such as meal planning, budgeting for groceries, and preparing healthy meals on a budget. These workshops are designed to help staff make the most of their food budget while prioritizing nutrition. The university organizes campaigns throughout the year to raise awareness about healthy, affordable eating habits. These campaigns include tips for incorporating more plant-based, cost-effective foods and emphasize the benefits of balanced meals. Recognizing that food insecurity is often linked to broader financial challenges, MUJ offers financial counseling services. These services include guidance on budgeting, managing expenses, and accessing financial resources, all of which can help staff members manage their finances more effectively and reduce food insecurity.

MUJ hosts periodic community meals for staff, offering an opportunity to enjoy a healthy, free meal while building connections with colleagues. These events foster a sense of community and allow staff members to gather in a relaxed and supportive environment. As part of our broader wellness initiatives, MUJ integrates food security awareness into employee wellness programs. Staff members are encouraged to access resources and participate in discussions on topics such as healthy eating, managing stress, and prioritizing wellness.

MUJ collaborates with local organizations and NGOs that address food insecurity in the region. Through these partnerships, staff members can access additional resources and support services to supplement their needs. All food assistance programs at MUJ are designed to be confidential, allowing staff members to seek help without fear of judgment. Whether applying for meal support, accessing the food pantry, or attending financial counseling, staff members can rely on the university's commitment to discretion and respect.

Recognizing that food insecurity can sometimes result from broader financial or scheduling challenges, MUJ has policies in place that allow for flexible work arrangements when needed.





These options enable staff to work around personal commitments, including responsibilities related to family food security.

MUJ regularly seeks feedback from staff members on food-related needs and challenges. This ongoing dialogue ensures that our food security initiatives are responsive, effective, and continually improved based on the real experiences of our staff.

Manipal University Jaipur is dedicated to provide a supportive, inclusive environment that addresses food security challenges among our staff. By offering affordable meal options, food assistance programs, educational resources, and community support, MUJ aims to create a campus where every staff member has reliable access to nutritious food. Our commitment to addressing food insecurity reflects our belief that a healthy, engaged workforce is the foundation of a thriving campus community. Through these ongoing efforts, MUJ strives to ensure that all staff members feel supported, valued, and empowered to achieve their personal and professional goals.

## Food Mess at MUJ Campus for Staff:

Manipal University Jaipur provides food for staff at the subsidized rate of **Rs 80/-** per meal or a Monthly Pass of **1450/-** for the menu below.

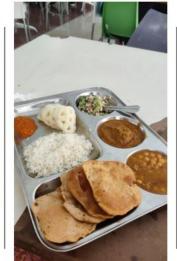














DATE	7.10.23	08.10.23	9.10.23	10.10.23	11.10.23	12.10.23	13.10.23			
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday			
Main	VEG UTTAPAM	VEG PARANTHA	AJWANI POORI	MASALA IDLI	VEG POHA	PAV	CHOLE MASALA			
Main- I	SAMBAR	CURD	ALOO BHAJI	SAMBAR	PASTA INDIAN STYLE	ВНАЛ	BHATURA			
Main II	SPROUT CHAT	CORN FLAKS	RAWA HALAWA	MASALA SEVIYA		SWEET DALIYA	CORN FLAKS			
Main- II	COCONUT CHUTNEY			COCONUT CHUTNEY	TOMATO CHUTNEY		GREEN CHUTNEY			
BREAD	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE			
DREAD	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT			
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK			
	COLESLAW	POTATO/ CUCUMBER	COLESLAW	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER			
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG			
Fruit	BANANA		BANANA		BANANA		BANANA			
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER			
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM			
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE			
	LUNCH (12:00 to 14:30)									
Salad	GREEN SALAD	MOONG SPROUT CHAT	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT SALAD			
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	MUTTER RICE	STEAM RICE			
DAL	METHI DAL	DAL DABHA	RAJAM RAS WALA	KADHI PAKODA	DAL PALAK	CHANA MASALA	TOOR DAL TADKHA			
VEG	LAUKI KOFTTA	SOYA KEEMA MASALA	JEERA ALOO	BAIGAN OR MUTTER KA BHARATA	PAPAD MANGOODI KI SUBZI	ALOO TAMATAR	BHINDI			
Curd/SOUP	BUTTER MILK	LEMEON WATER	CURD	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI			
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/POORI	MULTIGRAIN ROTI			
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI			
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY			
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS			
			H.T(17:	300TO18:30)						
MAIN	NOODLES	BANANA CAKE	SOOJI UPAMA	BHEL POORI	MAGGI	PANIPURI	VEG PUFF			
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE			
DINNER(19:30TO21:30)										
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	KIMCHI SALAD			
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG FRIED RICE/CHICKEN FRIED RICE			
DAL	MASSOOR DAL TADKA	DAL MAKHANI	DAL LASOONI	TOOR DAL TADKHA	GREEN MOONG DAL	DAL BHUKHARA	MIX MOTI DAL			
VEG		DUM ALOO		CHAP MASALA		TAWA VEG				
PANEER	KADHAI PANEER		PANNER DO PAYAZA		PANEER ANDHAR		CHILLI PANEER			
NON VEG	EGG CURRY		CHICKEN DO PAYAZA		CHICKEN ANDHAR		CHILLI CHICKEN			
Dessert		BALUSHAI		CHOCOLATE BROWANI		GULAB JAMOON				
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI			

DATE	14.10.23	15.10.23	16.10.23	17.10.23	18.10.23	19.10.23	20.10.23			
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday			
a a simul	CARROT IDLI	ALOO PARATHA	MASALA POORI	VEG UTTAPAM	MEDU VADA	РОНА	PASTA			
Main- I	SAMBAR	CURD	ALOO BHAJI	SAMBAR	SAMBAR		SPROUT			
	SOOJI UPMA	CORN FLAKS	RAWA HALAWA	MASALA SEVIYA	MASALA OTS	MASALA DALIYA	CORN FLAKS			
Main- II	COCONUT CHUTNEY				COCONUT CHUTNEY	GREEN CHUTNEY	SWEET DALIYA			
BREAD	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE			
BREAD	WHEAT	PLAIN BREAD, WHOLE WHEAT			WHEAT	PLAIN BREAD/ WHOLE WHEAT	WHEAT			
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK			
	COLESLAW	POTATO/ CUCUMBER	COLESLAW	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER			
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG			
Fruit	BANANA		BANANA		BANANA		BANANA			
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER			
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM			
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE			
	LUNCH (12:00 to 14:30)									
Salad	CORN PEANUT SALAD	MOONG SPROUT CHAT	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD			
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	JEERA RICE	STEAM RICE			
DAL	DAL FRY	RAJMA RAS WALA	DABHA DAL	KADHI PALAK METHI	DAL PALAK	PINDI CHOLE	DAL MAKHANI			
VEG	VEG KOFTTA	KHADHI SOYA MASALA	JEERA ALOO	SEV TAMATO	ALOO TAMATRI	PAPAD MANGOODI KI SUBZI	TAWA VEG			
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI			
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI			
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI			
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY			
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS			
			н.1	T(17:300TO18:30)						
MAIN	MAGGI	FRUIT CAKE	PAYAZ KI KACHORI	DHOKLA	DOUGHNUT	PANIPURI	VEG PUFF			
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE			
DINNER(19:30TO21:30)										
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	GREEN SALAD			
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG BIRYANI			
DAL	MASSOOR DAL TADKA	DAL MAKHANI	MIX DAL	TOOR DAL TADKHA	GREEN MOONG DAL	DAL LAHSUNI	MIX MOTI DAL			
VEG		GAJAR MUTTER		TANDOORI CHAP MASALA		GUTTA CURRY	MALI KOFFTA			
PANEER	MUTTER PANEER		KADHAI PANEER		TAWA PANEER					
NON VEG	HOME STYLE EGG CURRY		BUTTER CHICKEN		CHICKEN RARA		CHICKEN BIRYANI			
Dessert		MOONG DAL HALAWA		PUDDING		RICE PHIRNI	VEG RAITA			
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI			

DATE	21.10.23	22.10.23	23.10.23	24.10.23	25.10.23	26.10.23	27.10.23			
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday			
Main- I	SET DOSA	ALOO PAYAZ PARATHA	MASALA POORI	VEG IDLI	РОНА	PAV	CHOLE MASALA			
IVIdIII- I	SAMBAR	CURD	ALOO BHAJI	SAMBAR	RAGI PAN CAKE	ВАНЈІ	BHATURA			
Main- II	MASALA DALIYA	CORN FLAKS	RAWA HALAWA	MASALA SEVIYA	CHOCOLATE SAUCE	MASALA OTAS	CORN FLAKS			
	COCONUT CHUTNEY				GREEN CHUTNEY	GREEN CHUTNEY	GREEN CHUTNEY			
BBEAD	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE	PLAIN BREAD/ WHOLE			
BREAD	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT	WHEAT			
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK			
	COLESLAW	/ CUCUMBER	COLESLAW	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER			
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG			
Fruit	BANANA		BANANA		BANANA		BANANA			
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER			
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM			
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE			
	LUNCH (12:00 to 14:30)									
Salad	CORN PEANUT SALAD	GREEN SALAD	GREEN SALAD	LOBIYA SPROUT SALAD	GREEN SALAD	MIX SPOURT SALAD	GREEN SALAD			
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	JEERA RICE	STEAM RICE			
DAL	DAL METHI	NORTH RAJMA	DAL PUNJABI	KADHI PAKODA	DAL PALAK	PINDI CHOLE	RED MASOOR DAL			
VEG	LAUKI KOFTTA	GAJAR MUTTER	SOYA MUTTER	LAUKI DO PAYAZ	ALOO GOBHI	ARBI	SEV TAMATAR			
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI			
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ POORI	MULTIGRAIN ROTI			
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI			
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY			
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS			
			H.1	T(17:300TO18:30)						
MAIN	MAGGI	FRUIT BUN	PASTA	JHALMURI	VEG PAKODA	ALOO PUFF	DHAI BHALLA			
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE			
DINNER(19:30TO21:30)										
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	PASTA SALAD	KIMCHI SALAD			
Rice Dish	PLAIN RICE	JEERA RICE	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG FRIED RICE/CHICKEN FRIED RICE			
DAL	BLACK MASSOOR DAL	DAL FRY	GREEN MOONG DAL	TOOR DAL TADKHA	MIX DAL	DAL LAHSUNI	MIX MOTI DAL			
VEG		TAWA VEG		PUNJABI CHAP MASALA		ALOO BHUJIA				
PANEER	KADHAI PANEER		MUTTER PANEER		TAWA PANEER		CHILLI PANEER			
NON VEG	EGG CURRY		CHICKEN CURRY		CHICKEN HADBADI		CHILLI CHICKEN			
Dessert		COCONUT BASEN BURFI		PASTTRY		SEVIYA KHEER	VEG RAITA			
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI			

DATE	28.10.23	29.10.23	30.10.23	31.10.23	1.11.23	2.11.23	3.11.23	
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday	
Main- I	VADA	MIX VEG PARATHA	CARROT IDLI	AJWANI POORI	VEG POHA	KULCHA	CHOLE MASALA	
	SAMBAR	CURD	SAMBAR	ALOO BHAJI	PAN CAKE	MUTTER BHAJI	BHATURA	
Main- II	SOOJI UPAMA	CORN FLAKS	SWEET DALIYA	PINEAPPLE HALAWA	CHOCOLATE SAUCE	MASALA OTAS	CORN FLAKS	
	COCONUT CHUTNEY		coconut chutney		GREEN CHUTNEY		GREEN CHUTNEY	
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	
	COLESLAW	CUCUMBER	POTATO	POTATO/ CUCUMBER	COLESLAW	COLESLAW	POTATO/ CUCUMBER	
EGG	EGG		BOILED EGG		BOILED EGG		BOILED EGG	
Fruit	BANANA		BANANA		BANANA		BANANA	
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	
				CH (12:00 to 14:30)				
Salad	CORN PEANUT SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	MIX SPOURT SALAD	GREEN SALAD	
Rice Dish	JEERA RICE	STEAM RICE	RICE	PLAIN RICE	JEERA RICE	JEERA RICE	STEAM RICE	
DAL	DAL KHOLAPURI	RAJMA MASALA	DAL DHABA	KADHI PAKODA	DAL PALAK	PINDI CHOLE	RED MASOOR DAL	
VEG	ALOO GHOBI MUTTER	SOYA KEEMA	JEEERA ALOO	CABBAGE MUTTER	LAUKI KOFTA	KHATA METHA KADU	METHI ALOO	
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	LEMON WATER	JAL JEERA	SWEET LASSI	
Bread- I	MULTIGRAIN ROTI/ MESSI ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ MASALA ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ POORI	MULTIGRAIN ROTI	
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	
PAPAD	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	FRYUMS	
			H.	T(17:300TO18:30)				
MAIN	MAGGI	FRUIT BUN	DHOKLA	VEG SANDWICH	VEG PAKODA	PAYAZA KE KACHORI	PUFF ROLL	
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	
DINNER(19:30TO21:30)								
Salad	GREEN SALAD	GREEN SALAD	CHANA SPROUT SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT SALAD	GREEN SALAD	
Rice Dish	PLAIN RICE	JEERA RICE	STEAMED RICE	Plain Rice	PLAIN RICE	STEAMED RICE	VEG BIRYANI	
DAL	BLACK MASSOOR DAL	DAL FRY	GREEN MOONG DAL	TOOR DAL TADKHA	MIX DAL	DAL LAHSUNI	MIX MOTI DAL	
VEG		BHINDI		SOYA CHAP MASALA		TAWA VEG	MALI KOFFTA	
PANEER	MUTTER PANEER		PALAK PANNER		KHADHI PANEER			
NON VEG	EGG CURRY		BUTTER CHICKEN		KHADHI CHICKEN		CHICKEN BIRYANI	
Dessert		COCONUT BURFI		PASTTRY		MOONG DAL HALWA	VEG RAITA	
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	

