

## Annexure 1

## Quality Maintenance

Item	Brand
	All dry ingredients will be bought from open market, packed and of highest quality
Salt	Tata, Annapurna, Nature fresh
Spices	M.D.H. Masala, Badshah, Everest , Catch Or other brands after approval from the Hostel Administration
Jam/Ketchup	Maggi, Kissan, Heinz / Tops
Oil (Sunflower)	Agmark/ISI or branded items such as Sundrop, Saffola, Fortune, Ruchi
Pickle	Mother's or Priya or Bedekar or Nilon's
Atta	Aashirvad, Pillsbury, Annapurna , freshly grinded
Rice	Rice- Basmati Tukda ( $\frac{3}{4}$ size) e.g. Dubraj, India Gate, or equivalent in Punjab Market
Butter	Amul
Bread	Britania, or Other brand after approval from the Hostel Administration
Ghee	Amul, Mother Dairy, Britannia, Gits, Everyday,
Milk	Verka (Green Packet)/ Other brand after approval from the Hostel Administration
Paneer	Amul or other branded item approved by the Hostel Administration

## Annexure 2

## Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Remarks
Menu A	Paratha Alu-3Nos, Milk 200ml/ Tea 20gm Amul Butter+ Dahi	Idli 4Nos/ Vada 4 Nos + with sambhar ,Narial Chatni Milk/ Tea 200ml + Seasonal Fresh Fruits (100ml) /Shake	Poha/3 Pawo with 20gm butter bhaji (150ml) Milk 200ml/ Tea/Sprouts + Cornflakes	Uthapam 3 Nos. with Sambhar, Narial Chatni 200ml milk/Tea	Gobhi/onion/ Muli Paratha 3 Nos Milk 200ml/ Tea, Butter Amul 20gm, Boil 2eggs/ - Omlet /2 bananas	Puri/Paratha + Aloo Sabji. milk 200ml/ Tea 20gm Amul Butter + Dahi + Cornflakes	Masala Dosa 2 Nos with Sambhar and Narial Chatni Milk 200ml/ Tea	1) Sugar 2) Achaar 3) Ketchup Unlimited
OR Menu B	6 Nos Bread Slices, Milk/ Tea 200ml Jam 20gm Amul butter 20gm	6 Nos Bread Slices, Milk/ Tea 200ml Jam 20gm Amul butter 20gm + Seasonal Fresh Fruits (100ml) /Shake	6 Nos Bread Slices, Milk/ Tea 200ml Jam 20gm Amul butter 20gm+ Cornflakes	6 Nos Bread Slices, Milk/ Tea 200ml Jam 20gm Amul butter 20gm	6 Nos Bread Slices, Milk/ Tea 200ml Jam 20gm Amul butter 20gm + Boil 2eggs/ - Omlet /2 bananas	6 Nos Bread Slices, Milk/ Tea 200ml Jam 20gm Amul butter 20gm+ Cornflakes	6 Nos Bread Slices, Milk/ Tea 200ml Jam 20gm Amul butter 20gm	1) Jam (Tops/ Kissan) 2) Sugar 3) Ketchup Unlimited

Note: For breakfast on any given day both menu A and B should be prepared. A student can choose to take either A or B.

**Seasonal fresh fruits:-**Orange, Kenu, Guava, Apple, Mango

## MENU OF LUNCH AND DINNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Remarks
Lunch	VegBiryani Rongi/Mix Dal, Gobhi Aalo Raita	Seasonal Veg Moongi Sabut Curd	Seasonal Veg Rajmah Curd	Baigam Bartha Baigan Alu Kadhi	Mix Veg. Dal Makhani Curd	Tori/Kaddu/T inda Black Channa Curd	White Chana Bhutura or Puri Curd	1) Each Kofta 15-20 gm
Dinner	Channa Dal Mutter Paneers*	Masur Dal Seasonal Veg	Mungi Dulli Seasonal Veg. OR Egg Curry	Arhar Dal * Paneer Lababdar/ Kadhai paneer	Channa Dal with Ghiya Seasonal Veg.	Mungi Sabut Mah Chilak Chana Dal Malai* Kofta(4 Nos)/mutter mushroom*	Dal Makhani Seasnoal Veg.	
Tandoori Roti								
		Sweet Dish#	Sweet Dish#		Sweet Dish#		Sweet Dish#	

Items marked \* & # will be limited

The following items will be provided in every Lunch/Dinner in addition to the menu mentioned above:

- 1)Salad : Onion (2pcs)+Green Chilly+Nimbu(1/2)+Khera/Tamato/Gajar/Muli(3 pcs)/Sprouts.
- 2)Tawa Roti
- 3)Rice (Basmati Tukda)
- 4)Achaar
- 5) Curd

## Quantity

### 1) Breakfast – As per Menu

- a) Sambhar – 150 ml
- b) Narial Chutney - 30 ml
- c) Idli - 30-35 grams
- d) Paratha - Standard Size

### 2) Lunch/Dinner

- a) Dal/Roti/Rice- Unlimited
- b) Sabzi or Paneer Marked \* - Limited (Paneer-40 gm+150 ml curry paneer),
- c) Salad – Onion (2pcs)+Green Chilly+Nimbu+Khera/Tomato/Gagar/Muli/Sprouts

### **Saunf + Cheeni/Mishri- 3 times/day**

### 3) Sweet Dish

- a) Gulab Jamun 40-45 gm, Twice a week – 1 pc
- b) Rasogulla – 1 Pc ( 40-45 gm)
- c) Kheer – 125 ml.

**Vegetables** according to season and can be changed after passing through the mess committee.

**Sweet dish:** According to season and can be changed after passing through the mess committee.

**Special Dinner for Six Occasions (Poori+ Pulao+ 2 vegetables (one paneer) + daal + 2 sweet-dish.**

This will not bear extra cost.