



RAJASTHAN NDA ACADEMY

GOVINDPURA , SANGANER, JAIPUR

MOB: 9358833160

WEEKLY MESS MENU

S.No.	Day	Breakfast	Lunch	Breakfast Evening	Dinner
1.	Monday	Dahi, Upma	Rajma, Rice, Chapati, Lassi, Salad	Chowmein	Arhar Dal, Green Vegetable, Chapati, Salad, Milk
2.	Tuesday	Pratha, Aloo Bhaji	Beshan Gatta, Hari Chatni, Chapati, Salad, Lassi	Biscuit	Mix Veg, Chapati, Salad, Milk
3.	Wednesday	Pasta, Sauce	Kale Chane Ki Sabji, Imli Chattni, Dahi Bade, Rice, Chapati	Bhelpuri	Sev Tamatar Sabji, Chapati, Salad, Kheer
4.	Thursday	Namkeen Chawal, Dahi	Aalu Paratha, Hari Chattni, Dahi	Sandwich	Dal Makhni, Rice, Chapati, Salad, Milk
5.	Friday	Poha, Dahi	Kheer, Pudi, Aloo Sabji, Salad	Fruit	Mix Dal, Lahson Chattni, Chapati, Milk
6.	Saturday	Idly, Sambar, Coconut Chattni,	Kadhi Pakode, Salad, Rice, Chapati	Pasta	Dal , Green Vegetable Rice, Chapati, Milk, Salad
7.	Sunday	Chole Bhature,	Masur Dal, Kaddu Sabji, Bundi Rayta, Rice, Chapati, Salad	Maggi	Paneer Sabji, Sweets, Chapati, Salad, Milk