

**MAYO COLLEGE****MESS MENU JULY 2024 (first and third week)**

<b>Meals</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Wheat porridge With Milk</li> <li>• Stuffed Parantha</li> <li>• lehsun chutney</li> <li>• Curd &amp; Pickle</li> <li>• Butter &amp; Sauce</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Masala Upma</li> <li>• Egg bhurji/Mix Veg pakoda</li> <li>• Bread, Butter, Jam, Sauce</li> <li>• Milk</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Poha</li> <li>• Idli-sambhar-chutney</li> <li>• Bread, Butter, Jam, Sauce</li> <li>• Milk</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Savory Vermicelli</li> <li>• Masala omelet/Paneer chilla</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Milk</li> <li>• Fresh Fruit</li> <li>• Tea for staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Chicken / Veg Biryani</li> <li>• Dal Makhani</li> <li>• Gobhi Matar</li> <li>• Chapati</li> <li>• Raita,Papad,Pickle</li> <li>• Green Salad</li> <li>• Chocolate Barfi</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken/Paneer Curry</li> <li>• Dal Tadka</li> <li>• Aloo Beans</li> <li>• Butter naan &amp; Pulao</li> <li>• Curd</li> <li>• Green Salad</li> <li>• Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Pindi Chole</li> <li>• Jeera Aloo</li> <li>• Dahi Wada with saunth</li> <li>• Bhatara &amp; Rice</li> <li>• Green Chutney</li> <li>• Kachumber Salad</li> <li>• Suji Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Safed Maas/Kadhai Paneer</li> <li>• Moong masoor dal</li> <li>• Aloo Methi</li> <li>• Plain rice/Chapati</li> <li>• Boondi Raita</li> <li>• Koshmbir salad</li> <li>• Makhan bada</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Samosa</li> <li>• Virgin Mojito</li> </ul>	<ul style="list-style-type: none"> <li>• Cream Roll</li> <li>• Roohafza</li> </ul>	<ul style="list-style-type: none"> <li>• Bhel Puri</li> <li>• Ice Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Patties</li> <li>• Lemon Squash</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Matar Paneer</li> <li>• Bhindi do payaza</li> <li>• Dal Tadka</li> <li>• Steamed Rice &amp; Plain Parantha</li> <li>• Green Salad</li> <li>• Besan Ladoo</li> </ul>	<ul style="list-style-type: none"> <li>• Veg jhalfrezi</li> <li>• Kofta curry</li> <li>• Hari Moong Dal</li> <li>• Mutter Pulao &amp; Chapati</li> <li>• Green salad</li> <li>• Rasgulla</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Soup</li> <li>• Margarita Pizza</li> <li>• Maggi Noodles</li> <li>• Potato Wedges</li> <li>• Baked Veg with Pineapple</li> <li>• Garlic Bread</li> <li>• Brownie/Fruit Custurd</li> </ul>	<ul style="list-style-type: none"> <li>• Dum Aloo</li> <li>• Mix Vegetable</li> <li>• Dal Panchratni</li> <li>• Palak Pulao</li> <li>• Chapati</li> <li>• Green salad</li> <li>• Ice Cream</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Complian Milk,</li> <li>• Roasted peanut/chana</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Rusk</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Soya Stick</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Moong Dal</li> </ul>

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Masala Oats</li> <li>• Cheese Omelet/Cheese sandwich</li> <li>• Cocktail tofu cutlet</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Milk</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Chocos with Milk</li> <li>• Fried egg/ Peas patties</li> <li>• Sprout Salad</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Poha</li> <li>• Chicken sausage/chicken nuggets</li> <li>• Veg cutlet /Potato bites</li> <li>• Sprout salad</li> <li>• Bread,Butter,Jam &amp; Sauce</li> <li>• Milk</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Paneer Sula Masala/</li> <li>• Subz Korma</li> <li>• Dal Mooradabadi</li> <li>• Steamed Rice &amp; Chapati</li> <li>• Plain Curd</li> <li>• Motichur Ladoo</li> </ul>	<ul style="list-style-type: none"> <li>• Murgh /Paneer Do Payaza</li> <li>• Dal Moong Masoor</li> <li>• Cabbage matar tamatar</li> <li>• Roomali Roti &amp; Rice</li> <li>• Veg Raita</li> <li>• Green Salad</li> <li>• Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Keema matar/Matar Paneer</li> <li>• Moong masoor dal</li> <li>• Aloo capsicum</li> <li>• Rice &amp; Chapati</li> <li>• Kheera Raita</li> <li>• Salad</li> <li>• Kala Jamun</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Vada Pao</li> <li>• Lemon Tang</li> </ul>	<ul style="list-style-type: none"> <li>• Taringa Sandwich</li> <li>• Orange Squash</li> </ul>	<ul style="list-style-type: none"> <li>• Dal Kachori</li> <li>• Lemonade</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Sweet corn Soup</li> <li>• Veg Fried Rice</li> <li>• Hakka noodle</li> <li>• Manchurian Gravy</li> <li>• Paneer chilly/Chilly chicken</li> <li>• Pineapple Pastry (Dal – Rice)</li> </ul>	<ul style="list-style-type: none"> <li>• Lobiya Masala</li> <li>• Palak Tamatar</li> <li>• Kadhi Pakodi</li> <li>• Chapati &amp; Rice</li> <li>• Green salad</li> <li>• Kears bati</li> </ul>	<ul style="list-style-type: none"> <li>• Shahi Paneer</li> <li>• Dum aloo banarasi</li> <li>• Arhar Dal</li> <li>• Jeera Pulao</li> <li>• Green Salad</li> <li>• Elaichi kheer</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk,</li> <li>• Biscuit oreo</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Salted Peanut</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Jim-jam biscuit</li> </ul>

**Remarks:**

1. Extra Diet for those who are in the School Term for 20 days prior to the tournament and for 10 days during the Competitions or recommendation of Doctor.
2. Fruits to be served as per availability.
3. Nimbupani, Chach or Keri Pani daily for lunch.
4. Coffee, Bournvita served separately with night Milk.

**Mr. Manoj Kumar Pareek  
Bursar**

**MAYO COLLEGE**  
**MESS MENU JULY 2024 (second and fourth week)**

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Semolina porridge with Milk</li> <li>• Paneer paranta with mint chutney</li> <li>• Sweet Curd</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat porridge with milk</li> <li>• French toast /Besan toast</li> <li>• Sprout</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Masala Oats</li> <li>• Medu wada-Sambhar-Chutney</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• CoffeMilk</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• White oats with Milk</li> <li>• Chicken Nuggets/Potato bites</li> <li>• Kala chana</li> <li>• Bread, Butter, Jam &amp; sauce</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Palak Paneer/Saag Gosht</li> <li>• Bhindi Masala</li> <li>• Dal Tadka</li> <li>• Steamed Rice &amp; Chapati</li> <li>• Curd</li> <li>• Salad</li> <li>• Agra Petha</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken /Paneer lababdar</li> <li>• Dal Tadka</li> <li>• Mangodi Payaz</li> <li>• Rice/Tandoori roti</li> <li>• Raita</li> <li>• Salad</li> <li>• Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Aloo Bhaji</li> <li>• Kashipahal/Kathal</li> <li>• Chana dal dry</li> <li>• Boondi Raita</li> <li>• Poori</li> <li>• Pulao</li> <li>• Salad</li> <li>• Gulab jamun</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Masala</li> <li>• Paneer Mushroom masala</li> <li>• Mix dal</li> <li>• Pulao &amp; Chapati</li> <li>• Raita</li> <li>• Salad</li> <li>• Ice cream</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Veg Burger</li> <li>• Lemon squash</li> </ul>	<ul style="list-style-type: none"> <li>• Aloo Patties</li> <li>• Orange Tang</li> </ul>	<ul style="list-style-type: none"> <li>• Samosa</li> <li>• Roohafza</li> </ul>	<ul style="list-style-type: none"> <li>• Cream roll</li> <li>• Squash</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Paneer capsicum Bhurji</li> <li>• Veg Kolhapuri</li> <li>• Dal Tadka</li> <li>• Rice &amp; Chapati</li> <li>• Salad</li> <li>• Seviyan Kheer</li> </ul>	<ul style="list-style-type: none"> <li>• Aloo Chole</li> <li>• Corn palak</li> <li>• Dal tadka</li> <li>• Rice</li> <li>• Chapati</li> <li>• Salad</li> <li>• Makhanbada</li> </ul>	<ul style="list-style-type: none"> <li>• Veg jhalfrezi</li> <li>• Kofta curry</li> <li>• Hari Moong Dal</li> <li>• Mutter Pulao</li> <li>• Green salad</li> <li>• Chapati</li> <li>• Rasgulla</li> </ul>	<ul style="list-style-type: none"> <li>• Navratan Kofta</li> <li>• Cabbage Matar</li> <li>• Dal Tadka</li> <li>• Rice</li> <li>• Chapati</li> <li>• Salad</li> <li>• Sweet Boondi(doodh ladoo)</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk,</li> <li>• Biscuit goodday</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Moong Dal</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Biscuit bourbon</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Soya Stick</li> </ul>

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea &amp; Milk</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Masala Seviya</li> <li>• Masala Omlete/Bread Roll</li> <li>• Sprout salad</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Milk</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flakes with Milk</li> <li>• Bedmi poori with Aloo bhaji</li> <li>• Boiled egg / Veg cutlet</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Chocos with Milk</li> <li>• Cheese chilli toast &amp; Veg cutlet</li> <li>• Chicken sausage &amp; fried egg</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Fresh Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Aloo Chole</li> <li>• Matar Paneer</li> <li>• Dahi Wada with sonth</li> <li>• Dal Moong Masoor</li> <li>• Pulao &amp; Parantha</li> <li>• Salad</li> <li>• Kala Jamun</li> </ul>	<ul style="list-style-type: none"> <li>• Murgh \ Paneer Roganjosh</li> <li>• Arbi Masala</li> <li>• Dal Panchratni</li> <li>• Rice &amp; Chapati</li> <li>• Curd</li> <li>• Salad</li> <li>• Doodh laddoo</li> </ul>	<ul style="list-style-type: none"> <li>• Butter chicken \ Paneer Butter masala</li> <li>• Baigan Bharta</li> <li>• Mix dal</li> <li>• Rice &amp; butter naan</li> <li>• Curd</li> <li>• Salad</li> <li>• Ice cream</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Chutney Sandwich</li> <li>• Lemon tang</li> </ul>	<ul style="list-style-type: none"> <li>• Bhel puri</li> <li>• Ice tea</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Pakoda</li> <li>• Orange Tang</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Vegetable Soup</li> <li>• Chicken / Veg Hot dog</li> <li>• Pasta Arabiata</li> <li>• French Fries</li> <li>• Garlic Bread</li> <li>• Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>• Dum Aloo</li> <li>• Mix Vegetable</li> <li>• Dal makhani</li> <li>• Palak Pulao</li> <li>• Green salad</li> <li>• Jalebi</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Cheese Soup</li> <li>• Pao Bhaji</li> <li>• Pizza</li> <li>• Dal- Chawal</li> <li>• Cabbage Salad</li> <li>• Black forest pastry</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk,</li> <li>• Rusk</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Cheese Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Salted Peanut</li> </ul>

- Remarks:**
1. Extra Diet for those who are in the School Term for 20 days prior to the tournament and for 10 days during the Competitions or recommendation of Doctor.
  2. Fruits to be served as per availability.
  3. Nimbupani, Chach or Keri Pani daily for lunch.
  4. Coffee, Bournvita served separately with night Milk.

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**Mr. Manoj Kumar Pareek**  
**Bursar**