



INDIAN PUBLIC SCHOOL

IPS Main Road, Khetrajpur, Sambalpur, Odisha, Pin-768006

MESS MENU (2021-22)

(w.e.f. 05/08/2021)

DAYS	BREAKFAST	LUNCH	SNACKS (Limited)	DINNER
Timings	09:00 am - 09:50 am	01:15 pm - 02:15pm	06:00 pm – 07:00 pm	08:40 pm - 09:40 pm
MONDAY	Paratha , Aloo Curry Pickles, Milk	Rice, Arhar Dal, Chappati, Aloo Gobhi, Salad, Mango Pickle	Aloo Chop	Rice, Dal Fry, Chappati, Bhindi / Parwal, Salad
TUESDAY	Bidi- Bada, Sambhar, Milk	Rice, Moong Dal, Chappati, Paneer Masala, Salad, Chatni	Veg Chowmin	Rice, Arhar Dal, Puri , Chana Sabji, Chips / Papad
WEDNESDAY	Bread (Bake) Butter/Jam, Milk	Rice, Chappati, Dal Tadka, Soyabean, Patta Gobhi, Papad	Veg Cutlet, Chatni, (2pcs)	Rice, Moong Dal , Paratha, Aloo Matar, Salad, (Chilly / Sweet) Pickle, Gulab Jamun
THURSDAY	Idly Sambhar, Coconut Chutney, Milk	Veg. Biryani, Chana Dal, Chappati, Raita(Boondi), Salad , Pickle (Sweet)	Upma , Chatney / Manchurian (Change in a Week)	Fried Rice, Plain Dal, Chappati, Parwal Aloo, Karela Chips, Pickle
FRIDAY	Puri , Sabji, Jalebi	Rice, Chappati, Mix Dal, Dahi Curry, Veg Fry(Change in a week) , Chips	Samosa, Chana (2pcs)	Jeera Rice, Dal Makhani, Chappati, Mix Veg, Salad, Mango Pickle
SATURDAY	Aloo Paratha, (Mango / Sweet Pickle) Sauce, Milk	Rice, Chappati, Dal, Green Veg, Brinjal Fry, Lemon Pickle	Gol Guppa / Chawal Bada	Matar Rice, Dal,Chappati, Dalna, Salad, Chips
SUNDAY	Masala Dosa, Sambhar, Chutney , Milk	Rice, Paratha, Arhar Dal, Paneer Chili, Seasonal Veg, Salad	Jhal Muddhi / Maggi (Change in a Week)	Rice, Dal Fry, Chappati, Green Veg, Aloo Fry, Vermicelli, Papad

Note- Menu is subject to changes/may be amended depending upon the market availability and supply of ingredients / Raw materials.

Milk – Limited to 200 ml only.

Mess Incharge

Principal