

**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 01 (First and Second week of January)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Poha 300g Chana Sabji Imli Chutneyy  Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Chicken butter masala 200g, Paneer butter masala 200g, Roti, Rice, chana dal, salad 100g  Cut papaya 100g	Namkeen and nimbu pani 250ml	Aloo soya curry 200g, Roti, rice, toor dal, pickle  Gulab jamun 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Spring roll	Cabbage mutter masala 200g, Roti, Rajma 200g, jeera Rice, salad 100g  Sewai kheer 100g	Cream roll and kokum sharbat 250ml	Seasonal vegetable 200g, roti, rice, mix dal, curd 100g, pickle
Wednesday	Pav 06 pieces and Bhaji, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/ Boost Milk 250ml	Aloo bonda and sauce	Chole masala 200g, puri, mix veg, moong dal, rice, salad 100g  Banana 02 pieces	Rusk and Tea 100ml	Chicken kadai 200g, Palak Paneer 200g, jeera rice, toor dal, plain paratha  Suji ka halwa with dry fruits 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Samosa and sauce	Veg Biryani 400g Sabudana Papad, salad 100g, bundi raita 100g, pickle  Rasagulla 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, Lokie ka subji 200g, Roti, Rice, mix Dal
Friday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutneyy Bournvita/Horlicks/ Boost Milk 250ml	Cream roll	Shimla mirch curry 200g roti, Rice, chana Dal, Pickel, salad 100g  Cut guava 100g	Cream biscuit and Rasna 250ml	Palak Chicken 200g, Paneer curry 200g, roti, Rice, Toor dal  Rice kheer 100g
Saturday	Sewai upma 200g, vada 04 pieces, coconut chutneyy, imli chutneyy Bournvita/Horlicks/ Boost Milk 250ml	Donut	Dum aloo 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Jalebi 100g	Tea 100ml and Bun	Egg fried rice 400g, mushroom fried rice 400g, Manchurian gravy, French fries 200g, green chilly sauce,
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Vada pav, fried chilly	Curd rice, mix veg choka 200g, urad papad, pickle, salad 100g  Orange 100g	Chocolate cake and nimbu pani 250ml	Chicken Hyderabadi 200g, Mushroom curry 200g, roti, rice, moong dal  Sweet Bundi 100g



**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 02 (Third and Fourth week of January)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Donut	Bhindi masala 200g, Roti, rice, toor dal, salad 100g, pickle  Gulab jamun 100g	Namkeen and nimbu pani 250ml	Egg curry of 200g with 02 boiled eggs, paneer curry 200g, roti, rice, mix dal
Tuesday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney Bournvita/Horlicks/ Boost Milk 250ml	Kachodi and sauce	Chicken sukka Masala 200g, Paneer sukka Masala 200g, Roti, Rice, chana dal, salad 100g  Banana 02 pieces	Cream roll and kokum sharbat 250ml	Veg hyderabad 200g, Roti, Rajma 200g, jeera Rice,  Suji ka halwa with dry fruits 100g
Wednesday	Boiled egg 02, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Seasonal vegetable masala 200g, roti, mix veg, moong dal, rice, salad 100g  Jalebi 100g	Chocolate cake and rasna 250ml	Paneer roll, Lemon rice 400g, Urad Papad, coconut chutney 100g, pickle
Thursday	Batura 03/04 pieces, chole 200g, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/ Boost Milk 250ml	Bread pakoda and sauce	Dal makhani 200g, fried gobi masala 200g, Roti, Rice, toor Dal, salad 100g  Orange 100g	Soaked and boiled Chana and kokum sharbat 250ml	Chilly chicken 200g, paneer chilly 200g, veg fried rice, Manchurian gravy, green chilly sauce  Bundi Laddoo 01 piece
Friday	Poha 300g Chana Sabji Emli Chutney Bournvita/Horlicks/ Boost Milk 250ml	Samosa and sauce	Chicken curry 200g, Paneer kadai 200g, puri, Rice, Toor dal, salad 100g  Rice kheer 100g	Juice packet and donut	Aloo gobi curry 200g roti, Rice, chana Dal, curd 100g Pickel
Saturday	Aloo chana 200g Puri 06 pieces Bournvita/Horlicks/ Boost Milk 250ml	Cream roll	Chicken shahi masala 200g, Mushroom masala 200g, roti, rice, toor dal, salad 100g  Cut papaya 100g	Roasted and salted peanuts and rasna 250ml	Cabbage masala 200g, roti, rice, mix dal, pickle  Sweet Bundi 100g
Sunday	Paneer paratha 03/04 pieces, Dahi (with and without sugar), pickle	Cream biscuit packet	Soya mutter curry 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Cut guava 100g	Vanilla cake and nimbu pani 250ml	Steam rice, chana dal, aloo choka/ mix veg 200g, urad papad  Sewai kheer 100g



**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 03 (First and second week of February)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Aloo soya curry 200g, puri, rice, toor dal, pickle, salad 100g  Banana 02 pieces	Namkeen and nimbu pani 250ml	Chicken Masala 200g Paneer Masala 200g Roti, Rice, chana dal  Sweet Bundi 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Spring roll	Seasonal vegetable 200g, roti, rice, moong dal, pickle, salad 100g  Suji ka halwa with dry fruits 100g	Cream roll and kokum sharbat 250ml	Veg kurma 200g, Roti, Rajma 200g, jeera Rice
Wednesday	Poha 300g Chana Sabji Imli Chutney  Bournvita/Horlicks/ Boost Milk 250ml	Vada pav, fried chilly	Chole masala 200g, puri, mix veg, mix dal, rice, salad 100g  Cut papaya 100g	Rusk and Tea 100ml	Chicken hyderabadi 200g, Paneer shahi masala 200g, jeera rice, toor dal, plain paratha Jalebi 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Samosa and sauce	Veg Biryani 400g Urad Papad, salad 100g, vegetable raita 100g, pickle  Gulab jamun 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, fried gobi masala 200g, Roti, Rice, mix Dal
Friday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/ Boost Milk 250ml	Aloo bonda and sauce	Chicken curry 200g, Palak Paneer 200g, roti, Rice, Toor dal, salad 100g  Orange 100g	Tea 100ml and Bun	Mix veg 200g roti, Rice, moong Dal Pickel, curd 100g  Rice kheer 100g
Saturday	Pav 06 pieces and Bhaji, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/ Boost Milk 250ml	Donut	Cabbage mutter masala 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Rasagulla 100g	Cream biscuit and Rasna 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, soya chunks manchurian 200g, red chilly sauce 50g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutney	Cream roll	Lemon rice 400g, Urad Papad, coconut chutney 100g, pickle  Cut guava 100g	Chocolate cake and nimbu pani 250ml	Chicken shahi masala 200g, Mushroom curry 200g, roti, rice, moong dal



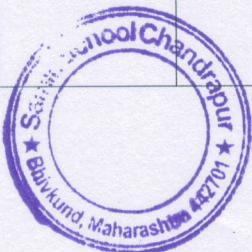
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 04 (Third and Fourth week of February)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread – 6 Pcs Bournvita/Horlicks /Boost Milk 250ml	Pyaz ki kachodi, fried chilly and sauce	Aloo jeera 200g, Roti, Rajma 200g, jeera Rice, salad 100g Gulab jamun 100g	Roasted ground nuts and rasna 250ml	Egg masala 200g, paneer masala 200g, jeera rice, moong dal, roti
Tuesday	Poha 300g Chana Sabji Imli Chutney Bournvita/Horlicks /Boost Milk 250ml	Chocolate cake	Chicken sukka Masala 200g, Paneer sukka Masala 200g, Roti, Rice, chana dal, salad 100g Cut papaya 100g	Rusk and Tea 100ml	Veg patiala 200g, roti, rice, moong dal, pickle Sewai kheer 100g
Wednesday	Boiled egg 02, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread– 6 Pcs Bournvita/Horlicks /Boost Milk 250ml	Bread pakoda and sauce	Mix veg 200g, puri, mix veg, mix dal, rice, salad 100g Rice kheer 100g	Cream roll and kokum sharbat 250ml	Dal makhani 200g, Lokie ka subji 200g, Roti, Rice, chana Dal
Thursday	Pav 06 pieces and Bhaji, pickle Chopped onion and slice of nimbu Bournvita/Horlicks /Boost Milk 250ml	Samosa and sauce	Palak Chicken 200g, Paneer butter masala 200g, jeera rice, toor dal, roti, salad 100g Banana 02 pieces	Soaked and Boiled chana and kokum sharbat 250ml	Mushroom roll, Veg Biryani 400g, Sabudana Papad, bundi raita 100g, pickle Bundi Laddoo 100g
Friday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks /Boost Milk 250ml	Aloo bonda and sauce	Seasonal vegetable 200g, roti, Rice, mix Dal, Pickel, Salad 100g, 100g	Cream biscuit and Rasna 250ml	Chicken chilly 200g, Paneer chilly 200g, veg hakka noodles, tomato sauce, mint chutney Sabudana kheer 100g
Saturday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks /Boost Milk 250ml	Veg patties and sauce	Chicken Hyderabad 200g, Mushroom curry 200g, roti, rice, toor dal, salad 100g Cut guava 100g	Tea 100ml and Bun	Dum aloo 200g, Rice, Rajma 200g, Roti, pickle Gulab jamun 100g
Sunday	Paneer paratha 03 pieces, Dahi (with and without sugar), pickle	Donut	Bhindi masala 200g, Roti, rice, toor dal, salad 100g Orange 200g	Vanilla cake and nimbu pani 250ml	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle Sweet Bundi 100g



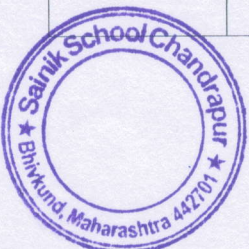
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 05 (First and second week of March)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Sevai upma 200g, sambar, coconut Chutney, vada 04 pieces Bournvita/Horlicks/ Boost Milk 250ml	Donut	Kala chana curry 200g, Roti, rice, toor dal, pickle, salad 100g Cut muskmelon 100g	Namkeen and nimbu pani 250ml	Chicken curry 200g Paneer curry 200g Plain paratha, Rice, chana dal Gulab jamun 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Samosa and sauce	Aloo Gobi 200g, Roti, Rajma 200g, jeera Rice, salad 100g  Butter milk 250ml Sweet Bundi 100g	Cream roll and kokum sharbat 250ml	Chole masala 200g, puri, rice, moong dal, pickle
Wednesday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/ Boost Milk 250ml	Spring roll	Shimla mirch subji 200g, roti, mix dal, rice, salad 100g, curd 100g Grapes 100g	Boiled chana with vegetables and rasna 250ml	Chicken kadai 200g, Paneer kadai 200g, jeera rice, toor dal, roti Rasagulla 02 pieces
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Aloo bonda and sauce	Dal makhani 200g, mix veg 200g, Roti, Rice, mix Dal, salad 100g  Butter milk 250ml Jalebi 100g	Soaked Chana and kokum sharbat 250ml	Paneer roll, Tomato rice 400g, Sabudana Papad, bundi raita 100g, pickle
Friday	Aloo chana 200g Puri 06 pieces  Bournvita/Horlicks/ Boost Milk 250ml	Pyaz ki kachodi, fried chilly, sauce	Chicken masala 200g, Palak Paneer 200g, roti, Rice, chana dal, salad 100g  Cut watermelon 100g	Cream biscuit and Rasna 250ml	Veg kurma 200g roti, Rice, moong Dal Pickel  Gulab jamun 100g
Saturday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, Jeera Rice, Rajma 200g, Roti, salad 100g, pickle  Butter milk 250ml Rice kheer 100g	Tea 100ml and Bun	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Cream roll	Curd rice, mix veg choka 200g, urad papad, pickle, salad 100g  Banana 02 pieces	Vanilla cake and nimbu pani 250ml	Chicken masala 200g, paneer masala 200g, roti, rice, moong dal  Sewai kheer 100g



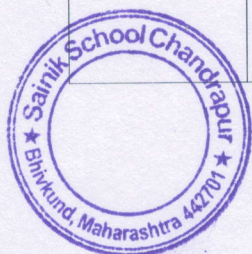
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 06 (Third and Fourth week of March)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Donut	Aloo soya curry 200g, Roti, rice, toor dal, pickle, salad 100g  Butter milk 250ml Suji ka halwa with dry fruits 100g	Roasted salted chana 100g and rasna 250ml 200ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Tuesday	Batura 03/04 pieces, chole 200g, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, Roti, Rajma 200g, jeera Rice, pickle, salad 100g  Grapes 100g	Namkeen and nimbu pani 250ml	Palak Chicken 200g Paneer Masala 200g, roti, Rice, chana dal  Sewai kheer 100g
Wednesday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Moong dal ki kachodi and sauce	Cabbage mutter curry 200g, roti, Rice, moong Dal, salad 100g, Pickel Butter milk 250ml Jalebi 100g	Cream roll and kokum sharbat 250ml	Kala chana masala 200g, puri, mix veg, moong dal, rice, curd 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Bread pakoda and sauce	Chicken kadai 200g, Paneer kadai 200g, jeera rice, mix dal, roti, salad 100g  Cut watermelon 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, Shimla mirch subji 200g, Roti, Rice, toor Dal  Rasagulla 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney  Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Bhindi masala 200g roti, Rice, moong Dal Pickel, salad 100g  Butter milk 250ml	Cream biscuit and Rasna 250ml	Chicken chilly 200g, Paneer chilly 200g, veg noodles, tomato sauce, mint chutney  Sabudana kheer 100g
Saturday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Chicken sukka masala 200g, Mushroom sukka masala 200g, roti, rice, chana dal, salad 100g  Banana 02 pieces	Tea 100ml and Bun	Dum aloo 200g, Rice, Rajma 200g, Roti, pickle  Gulab jamun 100g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutney	Cream roll	Veg Biriyani 400g Sabudana Papad, salad 100g, bundi raita 100g, pickle  Cut muskmelon 100g	Chocolate cake and nimbu pani 250ml	Seasonal vegetable 200g, roti, rice, moong dal, pickle  Rice kheer 100g



**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 07 (First and second week of April)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Poha 300g Chana Sabji Imli Chutneyy Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Chicken hyderabadi 200g, Paneer masala 200g, Roti, Rice, chana dal, salad 100g Banana 02 pieces	Rusk and Tea 100ml	Veg kurma 200g, Roti, rice, toor dal, pickle  Gulab jamun 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Spring roll	Aloo jeera 200g, Roti, mix dal, jeera Rice, salad 100g  Butter milk 250ml Sewai kheer 100g	Cream roll and kokum sharbat 250ml	Seasonal vegetable 200g, roti, rice, Rajma 200g, pickle
Wednesday	Batura 03/04 pieces, chole 200g, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Chole masala 200g, puri, mix veg, moong dal, rice, salad 100g  Cut muskmelon 100g	Namkeen and nimbu pani 250ml	Chicken butter masala 200g, Paneer butter masala 200g, jeera rice, mix dal, roti Suji ka halwa with dry fruits 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Lemon rice 400g Sabudana Papad, salad 100g, coconut chutneyy, pickle  Butter milk 250ml Rasagulla 100g	Tea 100ml and Bun	Dal makhani 200g, mix veg 200g, Roti, Rice, mix Dal
Friday	Aloo chana 200g Puri 06 pieces  Bournvita/Horlicks/Boost Milk 250ml	Cream roll	Bhindi masala 200g roti, Rice, chana Dal Pickel, salad 100g, curd 100g Cut watermelon 100g	Chocolate cake and nimbu pani 250ml	Chicken curry 200g, Palak Paneer 200g, plain paratha, Rice, Toor dal Rice kheer 100g
Saturday	Sewai upma 200g, vada 04 pieces, coconut chutneyy, imli chutneyy  Bournvita/Horlicks/Boost Milk 250ml	Pyaz ki kachodi and sauce	Dum aloo 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Butter milk 250ml Jalebi 100g	Soaked Chana and kokum sharbat 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, soya chunks manchurian 200g, tomato sauce 50g
Sunday	Paneer paratha 03 pieces, Dahi (with and without sugar), pickle	Donut	Lemon rice 400g, Urad Papad, coconut chutneyy 100g, pickle  Grapes 100g	Cream biscuit and Rasna 250ml	Chicken Hyderabadi 200g, Mushroom curry 200g, roti, rice, moong dal, salad 100g  Sweet Bundi 100g



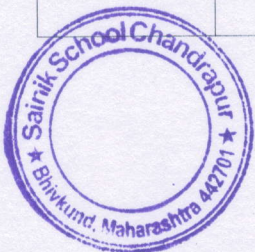
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 08 (Third and Fourth week of April)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Soya curry 200g, Roti, rice, toor dal, pickle, salad 100g  Butter milk 250ml Suji ka halwa with dry fruits 100g	Soaked boiled pea nuts with vegetables and kokum sharbat 250ml	Paneer roll, Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200, tomato sauce
Tuesday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, Roti, Rajma 200g, jeera Rice, pickle, salad 100g  Cut muskmelon 100g	Tea 100ml and Bun	Chicken Tikka Masala 200g, Paneer Tikka Masala 200g, Roti, Rice, chana dal  Sewai kheer 100g
Wednesday	Pav 06 pieces and Bhaji, pickle Finely Chopped vegetable salad 100g and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Cabbage mutter curry 200g, roti, Rice, moong Dal, salad 100g, Pickel  Butter milk 250ml Jalebi 100g	Roasted salty pea nuts 100g and rasna 250ml	Kala chana masala 200g, puri, mix veg, moong dal, rice, curd 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Moong dal ki kachodi and sauce	Chicken kala masala 200g, Paneer butter masala 200g, jeera rice, mix dal, roti, salad 100g  Cut watermelon 100g	Soaked Chana and nimbu paani 250ml	Dal makhani 200g, Shimla mirch subji 200g, Roti, Rice, toor Dal  Rasagulla 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney  Bournvita/Horlicks/Boost Milk 250ml	Donut	Bhindi masala 200g roti, Rice, moong Dal Pickel, salad 100g  Butter milk 250ml Sweet Bundi 100g	Cream biscuit and Rasna 250ml	Chicken manchurian 200g, Paneer manchurian 200g, veg fried rice, tomato sauce, mint chutney  Sabudana kheer 100g
Saturday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Chicken kolhapuri 200g, Mushroom masala 200g, roti, rice, chana dal, salad 100g  Grapes 100g	Namkeen and nimbu paani 250ml	Veg kurma 200g, Rice, Rajma 200g, Roti, pickle  Gulab jamun 100g
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Cream roll	Seasonal vegetable 200g, roti, rice, moong dal, pickle, salad 100g  Banana 02 pieces	Chocolate cake and nimbu paani 250ml	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle  Rice kheer 100g



**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 09 (First and second week of May)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney  Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Veg patiala 200g, puri, rice, toor dal, pickle, salad 100g  Chikkoo 100g	Namkeen and nimbu pani 250ml	Chicken Masala 200g Paneer Masala 200g Roti, Rice, chana dal  Sweet Bundi 100g 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Seasonal vegetable 200g, roti, rice, moong dal, pickle, salad 100g  Butter milk 250ml Suji ka halwa with dry fruits 100g	Cream roll and kokum sharbat 250ml	Dum aloo 200g, Roti, Rajma 200g, jeera Rice, curd 100g
Wednesday	Poha 300g Chana Sabji Imli Chutney Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Palak Chicken 200g, Paneer kadai 200g, rice, toor dal, roti, salad 100g Banana 02 pieces	Rusk and Tea 100ml	Chole masala 200g, puri, mix veg, mix dal, rice  Jalebi 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Spring roll	Veg Biryani 400g Udad Papad, salad 100g, vegetable raita 100g, pickle  Butter milk 250ml Gulab jamun 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, fried gobi masala 200g, Roti, jeera Rice
Friday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Bread pakoda and sauce	Chicken curry 200g, Paneer curry 200g, roti, Rice, Toor dal, salad 100g  Cut muskmelon 100g	Tea 100ml and Bun	Aloo palaka 200g roti, Rice, moong Dal Pickel  Rasagulla 100g
Saturday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Cream roll	Mutter masala 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Butter milk 250ml Gulab jamun 100g	Cream biscuit and Rasna 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutney	Donut	Curd rice, mix veg choka 200g, urad papad, pickle  Cut watermelon 100g	Chocolate cake and nimbu pani 250ml	Chicken curry 200g, Mushroom curry 200g, roti, rice, moong dal, salad 100g Sweet Bundi 100g



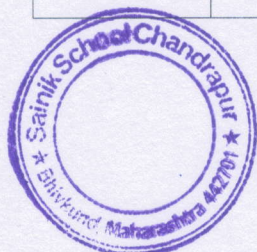
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 10 (Third and Fourth week of May)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Dal makhani 200g, Shimla mirch subji 200g, Roti, Rice, toor Dal, salad 100g  Butter milk 250ml Rasagulla 100g	Soaked boiled pea nuts with vegetables and kokum sharbat 250ml	Aloo gobi masala 200g, puri, mix veg, moong dal, rice
Tuesday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, roti, rice, toor dal, pickle, salad 100g  Cut muskmelon 100g	Tea 100ml and Bun	Chicken Tikka Masala 200g, Paneer Tikka Masala 200g, plain paratha, Rice, chana dal Sewai kheer 100g
Wednesday	Pav 06 pieces and Bhaji, pickle Finely Chopped vegetable salad 100g and slice of nimbu, Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Cabbage masala 200g, roti, Rice, moong Dal, salad 100g, Pickel, curd 100g Butter milk 250ml Jalebi 100g	Roasted salty pea nuts 100g and rasna 250ml	Mushroom roll, Egg fried rice 400g, paneer fried rice 400g, soya chunks Manchurian 200g, tomato sauce
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Moong dal ki kachodi and sauce	Chicken kala masala 200g, Palak paneer 200g, jeera rice, mix dal, roti, salad 100g  Cut watermelon 100g	Soaked Chana and nimbu paani 250ml	Veg kurma 200g, Roti, Rajma 200g, jeera Rice, pickle  Suji ka halwa with dry fruits 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney  Bournvita/Horlicks/Boost Milk 250ml	Donut	Bhindi masala 200g, roti, Rice, moong Dal Pickel, salad 100g Butter milk 250ml Sweet Bundi 100g	Cream biscuit and Rasna 250ml	Chicken manchurian 200g, Paneer manchurian 200g, veg fried rice, tomato sauce, mint chutney Sabudana kheer 100g
Saturday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Palak Chicken 200g, Mushroom masala 200g, roti, rice, chana dal,  Banana 02 pieces	Namkeen and nimbu pani 250ml	Dum aloo 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Gulab jamun 100g
Sunday	Paneer paratha 03 pieces, Dahi (with and without sugar), pickle	Cream roll	Seasonal vegetable 200g, roti, rice, moong dal, pickle, salad 100g  Chikko 100g	Chocolate cake and nimbu pani 250ml	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle  Gulam jamun 100g



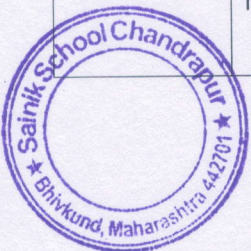
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 11 (First and second week of June)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Sevai upma 200g, sambar, coconut Chutney, vada 04 pieces Bournvita/Horlicks/ Boost Milk 250ml	Pyaz ki kachodi, fried chilly, sauce	Veg hyderabad 200g, Roti, rice, toor dal, pickle, salad 100g  Cut muskmelon 100g	Namkeen and kokum sharbat 250ml	Butter Chicken masala 200g Paneer kolhapuri 200g, Roti, Rice, chana dal Sabudana kheer 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Spring roll	Dal makhani 200g, mix veg 200g, Roti, Rice, mix Dal, salad 100g  Butter milk 250ml Sewai kheer 100g	Tea 100ml and Bun	Ridge guard (Toree) masala 200g, roti, rajma 200g, jeera rice, curd 100g
Wednesday	Poha 300g Chana Sabji Emli Chutney Bournvita/Horlicks/ Boost Milk 250ml	Vanilla cake	Chicken kadai 200g, Paneer kadai 200g, jeera rice, toor dal, roti, salad 100g Grapes 100g	Boiled chana with vegetables and rasna 250ml	Chole masala 200g, puri, rice, moong dal, pickle  Jalebi 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Samosa and sauce	Veg Biryani 400g, Urad Papad, salad 100g, bundi raita 100g, pickle  Butter milk 250ml Gulab jamun 100g	Soaked boiled Chana 100g and kokum sharbat 250ml	Gobi masala 200g, Roti, mix dal, Rice, curd 100g
Friday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/ Boost Milk 250ml	Donut	Chicken tikka masala 200g, Paneer tikka masala 200g, roti, Rice, chana dal, salad 100g Cut watermelon 100g	Cream biscuit and Rasna 250ml	Bhindi masala 200g roti, Rice, moong Dal Pickel  Sweet Bundi 100g 100g
Saturday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Seasonal vegetable 200g, Jeera Rice, Rajma 200g, Roti, salad 100g, pickle  Butter milk 250ml Suji ka halwa with dry fruits 100g	Vanilla cake and nimbu pani 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Aloo bonda and sauce	Chicken masala 200g, paneer masala 200g, roti, rice, moong dal  Banana 02 pieces	Roasted salty peanuts 100g and kokum sharbat 250ml	Curd rice, mix veg choka 200g, urad papad, pickle, salad 100g  Rice kheer 100g



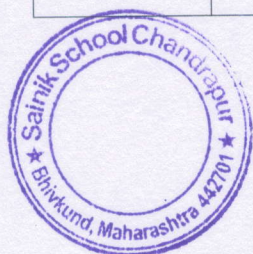
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 12 (Third and Fourth week of June)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Aloo soya curry 200g, Roti, rice, toor dal, pickle, salad 100g  Butter milk 250ml Rice kheer 100g	Roasted salted chana 100g and rasna 250ml	Kala chana masala 200g, puri, mix veg, moong dal, rice
Tuesday	Vegetable upma 200g, sambar, coconut chutneyy, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Chicken makhnwala 200g, Palak paneer 200g, plain paratha, Rice, chana dal, salad 100g Cut watermelon 100g	Boiled chana with vegetable 100g and nimbu pani 250ml	Mix veg 200g, Roti, Rajma 200g, jeera. Rice, pickle, curd 100g  Sewai kheer 100g
Wednesday	Pav 06 pieces and Bhaji, pickle Finely Chopped vegetable salad 100g and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Bread pakoda and sauce	Cabbage mutter curry 200g, roti, Rice, moong Dal, salad 100g, Pickel Butter milk 250ml Gulab jamun 100g	Cream roll and kokum sharbat 250ml	Paneer roll, Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, honey chilly potato 200g, tomato sauce 50g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Moong dal ki kachodi and sauce	Dal makhani 200g, mix veg masala 200g, Roti, Rice, toor Dal, salad 100g  Cut muskmelon 100g	Soaked boiled pea nuts 100g and kokum sharbat 250ml	Chicken masala 200g, Shahi Paneer 200g, jeera rice, mix dal, roti  Rasagulla 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutneyy, imli chutneyy Bournvita/Horlicks/Boost Milk 250ml	Donut	Bhindi masala 200g roti, Rice, moong Dal Pickel, salad 100g  Butter milk 250ml Gulab jamun 100g	Cream biscuit and nimbu pani 250ml	Palak Chicken 200g, Mushroom masala 200g, roti, rice, chana dal,
Saturday	Poha 300g Chana Sabji Emli Chutneyy Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Veg kurma 200g, Rice, Rajma 200g, Roti, pickle, salad 100g Banana 02 pieces	Chocolate cake and kokum sharbat 250ml	Chicken chilly 200g, Paneer chilly 200g, veg hakka noodles, tomato sauce Sabudana kheer 100g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutneyy	Kachodi and sauce	Lemon rice 400g Urad Papad, salad 100g, bundi raita 100g, pickle  Chikko 100g	Tea 100ml and Bun	Seasonal vegetable 200g, roti, rice, moong dal, pickle  Rice kheer 100g



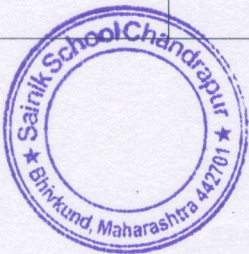
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 13 (First and second week of July)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Poha 300g Chana Sabji Imli Chutney Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Chicken butter masala 200g, Paneer butter masala 200g, Roti, Rice, chana dal, salad 100g  Cut papaya 100g	Namkeen and nimbu pani 250ml	Veg hyderabadi 200g, Roti, rice, toor dal, pickle  Gulab jamun 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Spring roll	Cabbage masala 200g, Roti, Rajma 200g, jeera Rice, salad 100g  Sewai kheer 100g	Cream roll and kokum sharbat 250ml	Seasonal vegetable 200g, roti, rice, mix dal, pickle
Wednesday	Pav 06 pieces and Bhaji, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Chole masala 200g, puri, mix veg, moong dal, rice, salad 100g  Banana 02 pieces	Rusk and Tea 100ml	Chicken kadai 200g, Paneer kadai 200g, jeera rice, toor dal, roti  Suji ka halwa with dry fruits 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Veg Biriyani 400g Sabudana Papad, salad 100g, bundi raita 100g, pickle  Rasagulla 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, Lokie ka subji 200g, Roti, Rice, mix Dal
Friday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Vanilla cake	Shimla mirch curry 200g, roti, Rice, chana Dal, Pickel, salad 100g, curd 100g  Cut guava 100g	Cream biscuit and Rasna 250ml	Chicken curry 200g, Paneer curry 200g, roti, Rice, Toor dal  Rice kheer 100g
Saturday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney Bournvita/Horlicks/Boost Milk 250ml	Donut	Dum aloo 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Jalebi 100g	Tea 100ml and Bun	Egg fried rice 400g, mushroom fried rice 400g, Manchurian gravy, French fries 200g, red chilly sauce
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Vada pav, fried chilly	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle  Apple 100g	Chocolate cake and nimbu pani 250ml	Chicken Hyderabad 200g, Mushroom curry 200g, roti, rice, moong dal, salad 100g Sweet Bundi 100g



**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 14 (Third and Fourth week of July)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Donut	Bhindi masala 200g, Roti, rice, toor dal, salad 100g, pickle  Gulab jamun 100g	Namkeen and nimbu pani 250ml	Egg curry of 200g with 02 boiled eggs, paneer curry 200g, roti, rice, mix dal
Tuesday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney Bournvita/Horlicks/Boost Milk 250ml	Moong dal ki kachodi and sauce	Chicken sukka Masala 200g, Paneer sukka Masala 200g, Roti, Rice, chana dal, salad 100g Banana 02 pieces	Cream roll and kokum sharbat 250ml	Aloo palak 200g, Roti, Rajma 200g, jeera Rice,  Sewai kheer 100g
Wednesday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Seasonal vegetable curry 200g, roti, mix veg, moong dal, rice, salad 100g, curd 100g  Jalebi 100g	Vanilla cake and rasna 250ml	Paneer roll, Lemon rice 400g, urad Papad, coconut chutney 100g, pickle
Thursday	Batura 03/04 pieces, chole 200g, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Dal makhani 200g, fried gobi masala 200g, Roti, Rice, toor Dal, salad 100g  Apple 100g	Soaked and boiled Chana and kokum sharbat 250ml	Chilly chicken 200g, paneer chilly 200g, veg fried rice, Manchurian gravy, green chilly sauce Bundi Laddoo 01 piece
Friday	Poha 300g Chana Sabji Emlu Chutney Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce and sauce	Chicken curry 200g, Palak Paneer 200g, puri, Rice, Toor dal, salad 100g  Rice kheer 100g	Juice packet and donut	Veg Patiala 200g roti, Rice, chana Dal Pickel
Saturday	Aloo chana 200g Puri 06 pieces Bournvita/Horlicks/Boost Milk 250ml	Cream roll	Palak Chicken 200g, Mushroom masala 200g, plain paratha, rice, toor dal Cut papaya 100g	Roasted and salted peanuts and rasna 250ml	Aloo methi 200g, roti, rice, mix dal, pickle, salad 100g
Sunday	Paneer paratha 03/04 pieces, Dahi (with and without sugar), pickle	Bread pakoda and sauce	Soya mutter curry 200g, Rice, Rajma 200g, Roti, pickle, salad 100g Sweet lemon 100g	Vanilla cake and nimbu pani 250ml	Steam rice, chana dal, aloo choka/ mix veg 200g  Sweet Bundi 100g



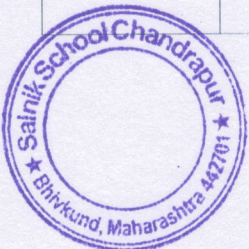
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 15 (First and second week of August)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Veg curry 200g, puri, rice, toor dal, pickle, salad 100g, curd 100g  Banana 02 pieces	Namkeen and nimbu pani 250ml	Chicken Masala 200g Paneer Masala 200g Roti, Rice, chana dal  Sweet Bundi 100g 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Spring roll	Seasonal vegetable 200g, roti, rice, moong dal, pickle, salad 100g  Suji ka halwa with dry fruits 100g	Cream roll and kokum sharbat 250ml	Dum aloo 200g, Roti, Rajma 200g, jeera Rice
Wednesday	Poha 300g Chana Sabji Imli Chutney Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Chole masala 200g, roti, mix veg, mix dal, rice, salad 100g  Sweet lemon 100g	Rusk and Tea 100ml	Chicken hyderabadi 200g, Paneer shahi masala 200g, jeera rice, toor dal, roti Jalebi 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Veg Biryani 400g Udad Papad, salad 100g, vegetable raita 100g, pickle  Gulab jamun 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, fried gobi masala 200g, Roti, Rice, mix Dal
Friday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Chicken curry 200g, Palak Paneer 200g, roti, Rice, Toor dal, salad 100g  Green Apple 100g	Tea 100ml and Bun	Bhindi masala 200g roti, Rice, moong Dal Pickel  Gulab jamun 100g
Saturday	Pav 06 pieces and Bhaji, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Cream roll	Cabbage mutter masala 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Rasagulla 100g	Cream biscuit and Rasna 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, soya chunks manchurian 200g, red chilly sauce 50g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutney	Donut	Curd rice, mix veg choka 200g, urad papad, pickle  Cut papaya 100g	Chocolate cake and nimbu pani 250ml	Chicken shahi masala 200g, Mushroom curry 200g, roti, rice, moong dal, salad 100g Sweet Bundi 100g



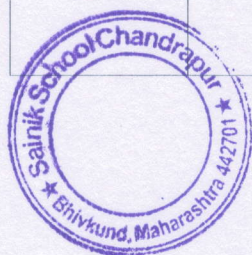
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 16 (Third and Fourth week of August)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Pyaz ki kachodi, fried chilly and sauce	Aloo jeera 200g, Roti, Rajma 200g, jeera Rice, salad 100g  Sewai kheer 100g	Roasted ground nuts and rasna 250ml	Egg masala 200g, paneer masala 200g, jeera rice, moong dal, plain paratha
Tuesday	Poha 300g Chana Sabji Imli Chutney Bournvita/Horlicks/Boost Milk 250ml	Donut	Chicken sukka Masala 200g, Paneer sukka Masala 200g, Roti, Rice, chana dal, salad 100g Cut papaya 100g	Rusk and Tea 100ml	Veg kurma 200g, roti, rice, moong dal, pickle  Gulab jamun 100g
Wednesday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Salted ground nuts 100g	Mix veg 200g, puri, mix veg, mix dal, rice, salad 100g  Rice kheer 100g	Cream roll and kokum sharbat 250ml	Dal makhani 200g, Lokie ka subji 200g, Roti, Rice, chana Dal
Thursday	Pav 06 pieces and Bhaji, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Palak Chicken 200g, Butter Paneer 200g, jeera rice, toor dal, roti, salad 100g  Banana 02 pieces	Soaked and Boiled chana and kokum sharbat 250ml	Mushroom roll, Veg Biryani 400g, Urad Papad, bundi raita 100g, pickle  Jalebi 100g
Friday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Seasonal vegetable 200g, roti, Rice, mix Dal, Pickel, Salad 100g, curd 100g	Cream biscuit and Rasna 250ml	Chicken chilly 200g, Paneer chilly 200g, veg noodles, tomato sauce, mint chutney  Sabudana kheer 100g
Saturday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Chicken Hyderabad 200g, Mushroom curry 200g, roti, rice, toor dal, Salad 100g  Apple 100g	Tea 100ml and Bun	Dum aloo 200g, Rice, Rajma 200g, Roti, pickle  Suji ka halwa with dry fruits 100g
Sunday	Paneer paratha 03 pieces, Dahi (with and without sugar), pickle	Donut	Bhindi masala 200g, Roti, rice, toor dal, salad 100g, pickle  Cut guava 100g	Vanilla cake and nimbu pani 250ml	Steam rice, chana dal, aloo choka/ mix veg 200g  Sweet Bundi 100g



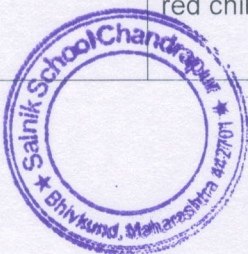
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 17 (First and second week of September)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Sevai upma 200g, sambar, coconut Chutneyy, vada 04 pieces Bournvita/Horlicks/ Boost Milk 250ml	Donut	Kala chana curry 200g, Roti, rice, toor dal, pickle, Salad 100g  Sweet lemon 100g	Namkeen and nimbu pani 250ml	Palak Chicken 200g Paneer curry 200g Roti, Rice, chana dal  Gulab jamun 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Samosa and sauce	Gobi aloo 200g, Roti, Rajma 200g, jeera Rice, salad 100g  Sweet Bundi 100g 100g	Cream roll and kokum sharbat 250ml	Chole masala 200g, puri, rice, moong dal, pickle, curd 100g
Wednesday	Poha 300g Chana Sabji Emli Chutneyy  Bournvita/Horlicks/ Boost Milk 250ml	Spring roll	Shimla mirch subji 200g, roti, mix dal, rice, Salad 100g  Cut Green Apple 100g	Boiled chana with vegetables and rasna 250ml	Chicken kadai 200g, Palak Paneer 200g, jeera rice, toor dal, roti  Sabudana kheer 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Bread pakoda and sauce	Dal makhani 200g, mix veg 200g, Roti, Rice, mix Dal, salad 100g  Jalebi 100g	Soaked Chana and kokum sharbat 250ml	Honey chilly potato 200g, Tomato rice 400g, Sabudana Papad, vegetable raita 100g, pickle
Friday	Aloo chana 200g Puri 06 pieces  Bournvita/Horlicks/ Boost Milk 250ml	Pyaaaz ki kachodi, fried chilly, sauce	Chicken masala 200g, Paneer masala 200g, roti, Rice, chana dal, Salad 100g Cut papaya 100g	Cream biscuit and Rasna 250ml	Bhindi masala 200g roti, Rice, moong Dal Pickel  Gulab jamun 100g
Saturday	Vegetable upma 200g, sambar, coconut chutneyy, Aloo bonda 02 pieces. Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Aloo gobi 200g, Jeera Rice, Rajma 200g, Roti, salad 100g, pickle  Rice kheer 100g	Tea 100ml and Bun	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Cream roll	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle  Banana 02 pieces	Vanilla cake and nimbu pani 250ml	Chicken masala 200g, paneer masala 200g, roti, rice, moong dal  Sewai kheer 100g



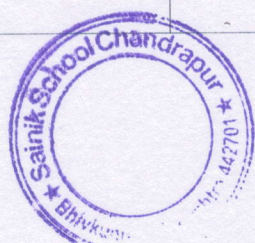
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 18 (Third and Fourth week of September)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Donut	Soya curry 200g, Roti, rice, toor dal, pickle, salad 100g  Suji ka halwa with dry fruits 100g	Roasted salted chana 100g and rasna 250ml 200ml	Paneer roll, Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Tuesday	Batura 03/04 pieces, chole 200g, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, Roti, Rajma 200g, jeera Rice, pickle, Salad 100g  Cut pear 100g	Namkeen and nimbu pani 250ml	Palak Chicken 200g Paneer Masala 200g, roti, Rice, chana dal  Sewai kheer 100g
Wednesday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Moong dal ki kachodi and sauce	Mutter curry 200g, roti, Rice, moong Dal, salad 100g, Pickel  Jalebi 100g	Cream roll and kokum sharbat 250ml	Kala chana masala 200g, puri, mix veg, moong dal, rice, curd 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Chicken kadai 200g, Palak paneer 200g, jeera rice, mix dal, puri, Salad 100g  Apple 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, Shimla mirch subji 200g, Roti, Rice, toor Dal  Rasagulla 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney  Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Bhindi masala 200g roti, Rice, moong Dal Pickel, salad 100g  Suji ka halwa with dry fruits 100g	Cream biscuit and Rasna 250ml	Chicken chilly 200g, Paneer chilly 200g, veg noodles, tomato sauce, mint chutney
Saturday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Chicken sukka masala 200g, Mushroom sukka masala 200g, plain paratha, rice, chana dal,  Banana 02 pieces	Tea 100ml and Bun	Dum aloo 200g, Rice, Rajma 200g, Roti, pickle, Salad 100g  Gulab jamun 100g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutney	Donut	Veg Biryani 400g Sabudana Papad, salad 100g, bundi raita 100g, pickle  Sweet lemon 100g	Chocolate cake and nimbu pani 250ml	Seasonal vegetable 200g, roti, rice, moong dal, pickle  Rice kheer 100g



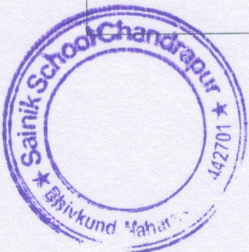
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 19 (First and second week of October)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Poha 300g Chana Sabji Imli Chutney Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Chicken hyderabadi 200g, Paneer masala 200g, Roti, Rice, chana dal, Salad 100g Cut papaya 100g	Rusk and Tea 100ml	Veg kurma 200g, Roti, rice, toor dal, pickle  Gulab jamun 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Spring roll	Aloo jeera 200g, Roti, mix dal, jeera Rice, salad 100g, curd 100g  Sewai kheer 100g	Cream roll and kokum sharbat 250ml	Seasonal vegetable 200g, roti, rice, Rajma 200g, pickle
Wednesday	Batura 03/04 pieces, chole 200g, pickle Chopped onion and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Chole masala 200g, puri, mix veg, moong dal, rice, Salad 100g  Banana 02 pieces	Namkeen and nimbu pani 250ml	Chicken butter masala 200g, Palak Paneer 200g, jeera rice, mix dal, roti  Suji ka halwa with dry fruits 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Lemon rice 400g Sabudana Papad, salad 100g, coconut chutney, pickle  Rasagulla 100g	Tea 100ml and Bun	Dal makhani 200g, mix veg 200g, Roti, Rice, mix Dal
Friday	Aloo chana 200g Puri 06 pieces  Bournvita/Horlicks/Boost Milk 250ml	Cream roll	Bottle gourd (Loki) 200g, roti, Rice, chana Dal, Pickel, Salad 100g  Cut Pear 100g	Vanilla cake and nimbu pani 250ml	Palak Chicken 200g, Paneer curry 200g, roti, Rice, Toor dal  Rice kheer 100g
Saturday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney  Bournvita/Horlicks/Boost Milk 250ml	Pyaaaz ki kachodi and sauce	Dum aloo 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Jalebi 100g	Soaked Chana and kokum sharbat 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, soya chunks manchurian 200g, tomato sauce 50g
Sunday	Paneer paratha 03 pieces, Dahi (with and without sugar), pickle	Donut	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle  Orange 100g	Cream biscuit and Rasna 250ml	Chicken Hyderabad 200g, Mushroom curry 200g, roti, rice, moong dal, salad 100g Sweet Bundi 100g



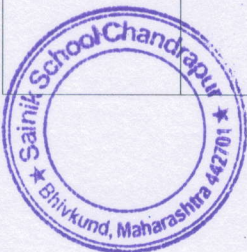
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 20 (Third and Fourth week of October)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Aloo soya curry 200g, Roti, rice, toor dal, pickle, salad 100g  Suji ka halwa with dry fruits 100g	Soaked boiled pea nuts with vegetables and kokum sharbat 250ml	Mushroom roll, Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200, tomato sauce
Tuesday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, Roti, Rajma 200g, jeera Rice, pickle, Salad 100g  Cut papaya 100g	Tea 100ml and Bun	Chicken Tikka Masala 200g, Paneer Tikka Masala 200g, roti, Rice, chana dal  Sewai kheer 100g
Wednesday	Pav 06 pieces and Bhaji, pickle Finely Chopped vegetable salad 100g and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Bread pakoda and sauce	Cabbage mutter curry 200g, roti, Rice, moong Dal, salad 100g, Pickel  Jalebi 100g	Roasted salty pea nuts 100g and rasna 250ml	Kala chana masala 200g, puri, mix veg, moong dal, rice, curd 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Vanilla cake	Chicken kala masala 200g, Paneer butter masala 200g, jeera rice, mix dal, plain paratha, Salad 100g Orange 100g	Soaked Chana and nimbu paani 250ml	Dal makhani 200g, Shimla mirch subji 200g, Roti, Rice, toor Dal  Rasagulla 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney Bournvita/Horlicks/Boost Milk 250ml	Donut	Bhindi masala 200g, roti, Rice, moong Dal, Pickel, salad 100g	Cream biscuit and Rasna 250ml	Chicken manchurian 200g, Paneer manchurian 200g, veg fried rice, tomato sauce, mint chutney Sabudana kheer 100g
Saturday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Chicken kolhapuri 200g, Mushroom masala 200g, roti, rice, chana dal, Salad 100g  Banana 02 pieces	Namkeen and nimbu pani 250ml	Dum aloo 200g, Rice, Rajma 200g, Roti, pickle  Gulab jamun 100g
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Cream roll	Seasonal vegetable 200g, roti, rice, moong dal, salad 100g, pickle Cut Pear 100g	Vanilla cake and nimbu pani 250ml	Curd rice, mix veg choka 200g, urad papad, pickle  Rice kheer 100g



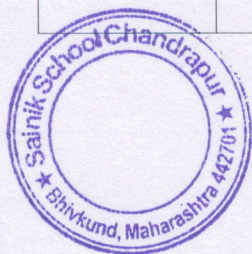
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 21 (First and second week of November)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney  Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, puri, rice, toor dal, pickle, Salad 100g  Cut guava 100g	Namkeen and nimbu pani 250ml	Chicken kadai 200g Paneer Masala 200g Roti, Rice, chana dal  Sweet Bundi 100g 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Seasonal vegetable 200g, roti, rice, moong dal, pickle, salad 100g, curd 100g  Suji ka halwa with dry fruits 100g	Cream roll and kokum sharbat 250ml	Dum aloo 200g, Roti, Rajma 200g, jeera Rice
Wednesday	Poha 300g Chana Sabji Imli Chutney Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Chicken kadai 200g, Palak Paneer 200g, rice, toor dal, roti, Salad 100g Banana 02 pieces	Rusk and Tea 100ml	Chole masala 200g, puri, mix veg, mix dal, rice  Jalebi 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Spring roll	Veg Biryani 400g Udad Papad, salad 100g, vegetable raita 100g, pickle  Gulab jamun 100g	Soaked Chana and kokum sharbat 250ml	Dal makhani 200g, fried gobi masala 200g, Roti, jeera Rice
Friday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Palak Chicken 200g, Paneer curry 200g, roti, Rice, Toor dal, Salad 100g  Cut papaya 100g	Tea 100ml and Bun	Bhindi masala 200g roti, Rice, moong Dal Pickel  Gulab jamun 100g
Saturday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/Boost Milk 250ml	Cream roll	Aloo mutter masala 200g, Rice, Rajma 200g, Roti, salad 100g, pickle  Rasagulla 100g	Cream biscuit and Rasna 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutney	Donut	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle  Orange 100g	Chocolate cake and nimbu pani 250ml	Chicken curry 200g, Mushroom curry 200g, roti, rice, moong dal, salad 100g  Sweet Bundi 100g



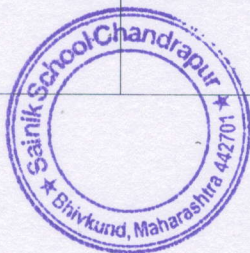
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 22 (Third and Fourth week of November)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Dal makhani 200g, Shimla mirch subji 200g, Roti, Rice, toor Dal, Salad 100g  Suji ka halwa with dry fruits 100g	Soaked boiled peanuts with vegetables and kokum sharbat 250ml	Aloo gobi masala 200g, puri, mix veg, moong dal, rice, salad 100g
Tuesday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Mix veg 200g, roti, rice, toor dal, pickle, Salad 100g, curd 100g  Orange 100g	Tea 100ml and Bun	Chicken Tikka Masala 200g, Palak paneer 200g, plain paratha, Rice, chana dal  Sewai kheer 100g
Wednesday	Pav 06 pieces and Bhaji, pickle Finely Chopped vegetable salad 100g and slice of nimbu. Bournvita/Horlicks/Boost Milk 250ml	Aloo bonda and sauce	Cabbage mutter curry 200g, roti, Rice, moong Dal, salad 100g, Pickel  Jalebi 100g	Roasted salty peanuts 100g and rasna 250ml	Paneer roll, Egg fried rice 400g, paneer fried rice 400g, soya chunks Manchurian 200g, tomato sauce
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Moong dal ki kachodi and sauce	Chicken kala masala 200g, Paneer butter masala 200g, jeera rice, mix dal, roti, Salad 100g  Cut papaya 100g	Soaked Chana and nimbu paani 250ml	Veg kurma 200g, Roti, Rajma 200g, jeera Rice, pickle, curd 100g  Rasagulla 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney Bournvita/Horlicks/Boost Milk 250ml	Donut	Bhindi masala 200g, roti, Rice, moong Dal Pickel, salad 100g  Sweet Bundi 100g	Cream biscuit and Rasna 250ml	Chicken manchurian 200g, Paneer manchurian 200g, veg fried rice, tomato sauce, mint chutney Sabudana kheer 100g
Saturday	Poha 300g Chana Sabji Emlu Chutney Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Chicken kolhapuri 200g, Mushroom masala 200g, roti, rice, chana dal, Salad 100g Banana 02 pieces	Namkeen and nimbu pani 250ml	Dum aloo 200g, Rice, Rajma 200g, Roti, pickle  Gulab jamun 100g
Sunday	Aloo Gobi paratha 03 pieces, Dahi (with and without sugar), pickle	Cream roll	Seasonal vegetable 200g, roti, rice, moong dal, pickle, Salad 100g  Chikko 100g	Vanilla cake and nimbu pani 250ml	Curd rice, mix veg choka 200g, urad papad, pickle  Rice kheer 100g



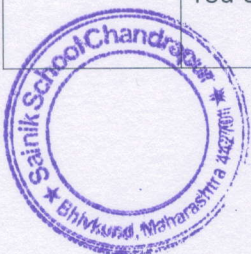
**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 23 (First and second week of December)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Sevai upma 200g, sambar, coconut Chutney, vada 04 pieces Bournvita/Horlicks/ Boost Milk 250ml	Pyaz ki kachodi, fried chilly, sauce	Aloo palak 200g, Roti, rice, toor dal, pickle, Salad 100g  Cut papaya 100g	Namkeen and kokum sharbat 250ml	Butter Chicken masala 200g Paneer kolhapuri 200g, Roti, Rice, chana dal Sabudana kheer 100g
Tuesday	Egg burji 200g, Veg cutlet with paneer, Boiled pea nuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Spring roll	Dal makhani 200g, mix veg 200g, Roti, Rice, mix Dal, salad 100g  Sewai kheer 100g	Tea 100ml and Bun	Ridge guard (Toree) masala 200g, roti, rajma 200g, jeera rice
Wednesday	Poha 300g Chana Sabji Emli Chutney  Bournvita/Horlicks/ Boost Milk 250ml	Samosa and sauce	Palak Chicken 200g, Paneer kadai 200g, jeera rice, toor dal, roti, Salad 100g  Cut guava 100g	Boiled chana with vegetables and rasna 250ml	Chole masala 200g, puri, rice, moong dal, pickle, curd 100g  Jalebi 100g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/ Boost Milk 250ml	Cream roll	Veg Biryani 400g, Urad Papad, salad 100g, bundi raita 100g, pickle  Gulab jamun 100g	Soaked boiled Chana 100g and kokum sharbat 250ml	Veg curry 200g, Roti, mix dal, Rice, curd 100g
Friday	Idli 04 pieces, 04 vada, vegetable sambar, coconut chutney Bournvita/Horlicks/ Boost Milk 250ml	Donut	Chicken tikka masala 200g, Paneer tikka masala 200g, roti, Rice, chana dal, Salad 100g Orange 100g	Cream biscuit and Rasna 250ml	Bhindi masala 200g roti, Rice, moong Dal Pickel  Sweet Bundi 100g 100g
Saturday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/ Boost Milk 250ml	Veg patties and sauce	Seasonal vegetable 200g, Jeera Rice, Rajma 200g, Roti, salad 100g, pickle  Suji ka halwa with dry fruits 100g	Vanilla cake and nimbu pani 250ml	Mix veg roll, Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, French fries 200g, tomato sauce 50g
Sunday	Paneer paratha 03 pieces, Dahi (with and without sugar), pickle	Aloo bonda and sauce	Chicken masala 200g, paneer masala 200g, roti, rice, moong dal, salad 100g  Banana 02 pieces	Roasted salty pea nuts 100g and kokum sharbat 250ml	Dal kichadi 400g, udad papad, thick curd 100g, masala bundi 100g, pickle  Rice kheer 100g



**SAINIK SCHOOL CHANDRAPUR**  
**Daily Mess Menu 24 (Third and Fourth week of December)**

Schedule Days	Breakfast	Morning Snacks	Lunch	Evening Snacks	Dinner
Monday	Egg burji 200g, Veg cutlet with paneer, Boiled peanuts 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Samosa and sauce	Soya curry 200g, Roti, rice, toor dal, pickle, salad 100g  Rice kheer 100g	Roasted salted chana 100g and rasna 250ml	Kala chana masala 200g, puri, mix veg, moong dal, rice
Tuesday	Vegetable upma 200g, sambar, coconut chutney, Aloo bonda 02 pieces. Bournvita/Horlicks/Boost Milk 250ml	Veg patties and sauce	Chicken makhnwala 200g, Paneer tikka masala 200g, plain paratha, Rice, chana dal, Salad 100g  Orange 100g	Boiled chana 100g and nimbu pani 250ml	Mix veg 200g, Roti, Rajma 200g, jeera Rice, pickle  Sewai kheer 100g
Wednesday	Pav 06 pieces and Bhaji, pickle Finely Chopped vegetable salad 100g and slice of nimbu Bournvita/Horlicks/Boost Milk 250ml	Bread pakoda and sauce	Cabbage mutter curry 200g, roti, Rice, moong Dal, salad 100g, Pickel, curd 100g  Gulab jamun 100g	Cream roll and kokum sharbat 250ml	Egg fried rice 400g, paneer fried rice 400g, Manchurian gravy, honey chilly potato 200g, tomato sauce 50g
Thursday	Boiled egg 02, Veg cutlet with paneer, Boiled chana 100g (only veg), Daliya 200ml, Butter-Jam 50g, Bread-6 Pcs Bournvita/Horlicks/Boost Milk 250ml	Pyaz ki kachodi, fried chilly, sauce	Dal makhani 200g, mix veg masala 200g, Roti, Rice, toor Dal, Salad 100g  Cut papaya 100g	Soaked boiled peanuts 100g and kokum sharbat 250ml	Chicken masala 200g, Shahi Paneer 200g, jeera rice, mix dal, roti  Rasagulla 100g
Friday	Sewai upma 200g, vada 04 pieces, coconut chutney, imli chutney Bournvita/Horlicks/Boost Milk 250ml	Donut	Bhindi masala 200g roti, Rice, moong Dal Pickel, salad 100g  Gulab jamun 100g	Cream biscuit and nimbu pani 250ml	Chicken kolhapuri 200g, Mushroom masala 200g, roti, rice, chana dal
Saturday	Poha 300g Chana Sabji Emlu Chutney Bournvita/Horlicks/Boost Milk 250ml	Vada pav, fried chilly	Dum aloo 200g, Rice, Rajma 200g, Roti, pickle, Salad 100g  Banana 02 pieces	Chocolate cake and kokum sharbat 250ml	Paneer roll, Chicken chilly 200g, Paneer chilly 200g, veg hakka noodles, tomato sauce, mint chutney Sabudana kheer 100g
Sunday	Plain/Masala/Set dosa 04 pieces, aloo masala, vegetable sambar, red chilly chutney	Vanilla cake	Veg Biryani 400g Sabudana Papad, salad 100g, bundi raita 100g, pickle  Orange 100g	Tea 100ml and Bun	Seasonal vegetable 200g, roti, rice, moong dal, pickle  Rice kheer 100g



## PROPOSED MENU FOR GRAND LUNCH/ DINNER/ SPECIAL OCCASIONS

MENU 1	MENU 2	MENU 3
MUTTON HANDI	MUGHLAI CHICKEN	FISH CURRY
PANEER SHAHI MASALA	PANEER HYDERABADI	MUSHROOM MUTTER CURRY
MIX VEG	MUSHROOM PEPPER FRY	CRISPY BHENDI FRY
PURI	GHEE PARATHA	BUTTER ROTI
VEG DUM BIRIYANI	JEERA RICE	GHEE RICE
RAITA	DAL TADKA	DAL FRY
RASMALAI	RASMALAI	SHAHI TUKDA
PAPAD	PAPAD	PAPAD
KACHUMBER SALAD	POMEGRANATE CORN SALAD	SOYA CHUNKS SALAD
PICKLE	PICKLE	PICKLE
ICE CREAM (OPTIONAL AS PER SEASON)	ICE CREAM (OPTIONAL AS PER SEASON)	ICE CREAM (OPTIONAL AS PER SEASON)

MENU 4	MENU 5	MENU 6
MUTTON CURRY	CHICKEN HANDI	VEG FRIED RICE
PANEER AFGHANI	PANEER BUTTER MASALA	VEG HAKKA NOODLES
MIX VEG	MUTTER MASALA	PANEER ROLL
BUTTER ROTI	PLAIN PARATA	CHICKEN 65
VEGETABLE PULAV	STEAM RICE	MUSHROOM CHILLY
DAL FRY	DAL KOLHAPURI	VEGETABLE SOUP
SHAHI TUKDA	SHAHI TUKDA	RASMALAI
BOILED PEANUTS PAPAD	PAPAD	TOMATO SAUCE
CARROT BEETROOT SALAD	CHICKPEA SALAD WITH CURD	GREEN SAUCE
PICKLE	PICKLE	MANCHURIAN GRAVY
ICE CREAM (OPTIONAL AS PER SEASON)	ICE CREAM (OPTIONAL AS PER SEASON)	ICE CREAM (OPTIONAL AS PER SEASON)



## PROPOSED MENU FOR NATIONAL FESTIVALS

MENU 1	MENU 2
PANEER SHAHI MASALA	MUSHROOM FRIED RICE
CRISPY HONEY CHILLY POTATO	SCHEZWAN NOODLES
MUSHROOM MUTTER CURRY	PANEER 65
PURI	VEGETABLE / SWEET CORN SOUP
GREEN PEAS PULAO	FINGER CHIPS
VEGETABLE RAITA	VEG ROLL
RASMALAI	SHAHI TUKDA
PAPAD	TOMATO KETCHUP
KACHUMBER SALAD	CHILLY SAUCE
PICKLE	SOFT DRINKS / ICE CREAM (OPTIONAL AS PER SEASON)
ICE CREAM (OPTIONAL AS PER SEASON)	

## PROPOSED MENU FOR SICK CADETS

As per the directions of Physician/Nursing Assistant:

1. Dal kichadi or curd rice or steam rice
2. Aloo choka or paneer choka or main course of the lunch/dinner (veg/non veg)
3. Dal tadka (with steam rice)
4. Cucumber and carrot salad
5. Tomato soup
6. Fruit of the lunch/dinner.
7. Fruits custard/daliya.
8. Suji ka halwa/sweet of the lunch/dinner.
9. Lime pickle
10. Butter roti



## GENERAL INSTRUCTIONS:

1. Full Cream Milk (FCM) shall be provided to cadets during breakfast.
2. Main course dishes (vegetarian/non-vegetarian along with gravy) shall be served in the prescribed quantity.
3. Breakfast items such as poha shall be prepared with vegetables, nuts, and pulses, ensuring a minimum quantity of 300 g per cadet.
4. Mess staff shall strictly maintain personal hygiene and ensure cleanliness of the entire mess premises.
5. Only fresh oil, spices, meat, vegetables, fruits, dairy products, and other essentials shall be used for cooking.
6. All cooking and serving utensils shall be cleaned thoroughly after every use.
7. All dining tables, tablecloths, and related items shall be kept neat, tidy, and well-maintained at all times.
8. Any deviation from the approved menu for a particular day/ special occasion shall be made only with the prior concurrence of the Mess In-Charge and Duty Master.
9. In case of 5-weeks month, the third- and fourth-week menu will be continued for fifth week.

