

Date	B/F Egg Dish	IND B/F Dis	Sandwich	Evng Snax	Common Lunch	East Canteen	West Canteen	Dinner
03.10.2022 Monday	Plain Omelette Boiled Egg	Poha	Cheese S/W Chutney S/W	Sago Vada Paneer Slice Veg Kheema Tomato Cucumber Slice	Cabbage Chowder Egg on Augratine Mutton Chilly Fry Curd Salad Shahi Tukra	Chapatti Rice Moong Dal Gawar Potato Red Gram Usal	Tomato Coco Pulao Potato Hongroise Saute Veg Bhindi Do Payaza Veg Makhani Apple	Chapatti Rice Toor Dal Chicken Masala Papdi potato Curd Cuchumber Curd
04.10.2022 Tuesday	Onion Omelette Boiled Egg	Idli Sambhar	Chutney S/W Cheese S/W	Dokla Potato Bhaji Shreded Salad Corn Salad	Sweet Corn soup Masala Omelette Chicken Masala Grill Curd Papad Toss salad Semiya Kheer	Chapatti Rice Toor Dal Suran Chilly Fry Gobi Mutter	Jeera Fried Rice Mint Potato Saute Doodhi Mac With Veg Dum Aloo palak Water Melon	Chapatti/Rice Masoor dal Muttonj Liver Grill Aloo Methi Curd Cuchumber
05.10.2022 Wednesday	Boiled Egg	Veg Upma				Chapatti Rice Mix Dal Veg Fogath Aloo Chole Fried Fish Curd,Salad Gulab Jamun		Salad
06.10.2022 Thursday	Tomato Omlette Boiled Egg Toast	Misal Pav	Chutney S/W	Sheera Paneer Bhurji Chickpeas Salad Green salad	Veg Hot \$ Sour Soup Egg Hongroise Mutton Vindaloo Curd Veg Raita Rava Sago kheer	Chapatti Jeera Fried Rice Mixed Dal Chwali beans potao Toorai Dry chawali	Jeera Fried Rice Roast Sweet Potato Bolied Cabbage Spicy karela potato B/Corn Mush Mutter Papaya	Chapatti/Rice Masoor Dal Egg Curry Tindli Foogath Curd Plain Cuchumber

TIFR CANTEEN MENU

Date	B/F Egg Dish	IND B/F Dis	Sandwich	Evng Snax	Common Lunch	East Canteen	West Canteen	Dinner
07.10.2022 Friday	Masala Omlttee Boied Egg Toast	Pav Bhaji	Veg S/W Egg S/W	Bhel Poato Mushroom Ca Red Gram Salad Green salad	Cream Crecy Onion Omelrtte Fish Curry Curd Salad Caramel Custard	Chapatti Rice Mix Dal Veg Masala CTPWith Methi	Peanut pulao Thousad island Potato Biled Veg Spaghetti Ch Balls Veg Nilgiri Pears	Chapatti Rice Moong Dal Mutton Chops Fr Beans Potato Curd Salad
08.10.2022 Saturday	Masala Omelett	Puri Bhaji			Chapaty Rice Whole Masoor Dal Mutton Adraki Papadi Potato Rajma Masala Curd Salad			<u>Closed for Pest Control</u>
09.10.2022 Sun					<u>Closed For Thorough Cleaning</u>			

