

Date	B/F Egg Dish	IND B/F Dish	Sandwich	Evng Snax	Common Lunch	East Canteen	West Canteen	Dinner
15.08.2022 Monday	Boiled Egg	Poha Holiday				Chapatti Rice Moong Dal Potato Bhaji Upas Veg kolhapuri Egg Curry salad Gulab Jamun		
16.8.2022 Tuesday	Onion Omelette Boiled Egg	Veg Upma	Chutney S/W Cheese S/W	Dhokla Potato Bhaji Salad	Tomato soup Onion omelette Fried Fish Curd PI Cuchumber Phirnee	Chapatti Rice Toor Dal Karela Potato Dry chawli Usal	Jeera Rice German Potatoes Saute Veg Veg Mexicane Dal Makhani Apple	Chapatti/Rice Masoor dal Chicken Curry French Beans Potato Curd Cuchumber
17.8.2022 Wednesday	Masala Omlette Boiled Egg Toast	Ragda Pattice	Veg S/W Chicken S/W	Bhel Pot. Cap.Tomato Slice Shredded Chicken in BechaMel Sauce Rajma Salad	Cream Dooriya Egg Bhurjee Chicken Tikka Ms Curd Salad Semiya Kheer	Chapatti Rice Mix Dal Sp Moong Dry Cherry Tomato Potato Methi	Veg Pulao Potato Chips Toss Veg Spaghetti Ch Balls Veg Makhani Papaya	Chapatti/Rice Masoor Dal Arvi Masala Chicken Lolipop Curd Salad
18.8.2022 Thursday	Tomato Omlette Boiled Egg Toast	Sago Khitchadi	Chutney S/W	Samosa Paneer Bhurji Chickpeas Salad Green salad S/W	Veg Hot \$sour Soup Masala Omelette Mutton Kofta curry Curd Boondi Raita Mango Custard	Chapatti Jeera Fried Rice Mixed Dal Tindli Potato Rajma Masala	Lime Rice Roast Sweet Potato Bolied Cabbage Cauliflower Bhujia Avial Elaiichi Banana	Chapatti/Rice Masoor Dal Egg Curry Bhindi Masala Curd Plain Cuchumber

TIFR CANTEEN MENU

Date	B/F Egg Dish	IND B/F Dish	Sandwich	Evng Snax	Common Lunch	East Canteen	West Canteen	Dinner
19.8.2022 Friday	Boiled Egg	Pav bhaji <u>Holiday</u>				Chapatti Rice Mix Dal Veg Masala Spt Matki Usal Mutton Adrki salad		
20.8.2022 Saturday	Masala Omelett	Onion poha			Chapaty Rice Whole Masoor Dal Chicken Masala Grill Cabbage Masala Aloo Chole Salad			Chapaty Rice Masoor Dal Aloo Gobi Curd Cuchumber
21.8.2022 Sun	Boiled Egg	Veg Upma			Chicken Biryani/Egg Bir Veg Biryani Boondi Raita			

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