

HOSTEL ADMINISTRATION, NIT HOSTELS, NATIONAL INSTITUTE OF TECHNOLOGY, TIRUCHIRAPPALLI – 620 015

MNEU FOR SOUTH INDIAN – TENTATIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pongal, medu vada (2 nos)	Onion/podi/kal dosa	Idly, vada cury	Oothappam	Semiya / rav kitchidi	Poori, potato masala	Masal dosa
	Sambar, chutney	Sambar, onion chutney	Tomato chutney	Sambar, mint chutney	Sambar, coconut chutney	Tosated bread (4 nos)	Sambar, coconut chutney
	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE
LUNCH	Sambar	Vathakuzhambu	Sambar	Parrupu podi, ghee, morkuzhambu	Sambar	Karakuzhambu	Mixed veg gravy
	Potato / cabbage dry	Carrot, beans / raw banana poriyal	Ladis finger/ yam fry	Gobi / beetroot curry	Pumpkin, mochhai / keerai kootu	Mixed veg aviyal (kerala type)	Gobi/ aloo 65
	Veg kuruma	Green peas curry	Chenna masala	Kuruma	Black sundal curry	Dal	Raitha
	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Veg. Briyani, raitha
	Chappati	Fulkha	Chappathi	Fulkha	Chappthi	Chappthi	Fulkha
	Rasam, appalam	Rasam, appalam	Rasam, appalam	Rasam, appalam	Rasam, appalam	Rasam, appalam	Curd rice
	Lemon juice	Lemon juice	Lemon juice	Lemon juice	Lemon juice	Lemon juice	Lemon juice
	Curd	Curd	Curd	Curd	Curd	Curd	Chips
SNACKS	Bujji 2 nos+ chutney	Sprouts (1 cup)	Big samaosa (1 no), sauce	Curd/rasa/medu vada (2) cutney	Onion/ medu pakoda	Cutlet / bonda, 2 nos, sauce	Kerrai / parupu vadai (2 no)
	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee
DINNER	Idly	Fulkha	Chappathi	Chappathi	Dosa	Chappthi	Fulkha
	Sambar, chutney	Veg kuruma	Meal maker masala	Chenna masala	Sambar, chutney	Tomato thokku	Panner butter masala
	Rice	Veg pulav / fried rice	Tomato / mint rice	Rice	Besibela bath	Jeera rice	Lemon / tamarind rice
	Mixed veg curry	Gobi / aloo manjuriyan	Potato peas / potato capcicum poriyal	Veg poriyal	Fryams	Raitha	Thoviyal
	Rasam	Butter milk	Curd rice, pickle	Rasam, appalam	Curd rice, pickle	Curd rice	Curd rice, pickle
	Butter milk	Seasonal fruit	Butter milk	Butter milk	Flavored milk	Banana	Banana
	Ice cream		Banana	Gulab jamoon			

HOSTEL ADMINISTRATION, NIT HOSTELS, NATIONAL INSTITUTE OF TECHNOLOGY, TIRUCHIRAPPALLI – 620 015

MNEU FOR NORTH INDIAN – TENTATIVE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	IDLY, MEDU VADA 2	POHA, TOASTED BREAD 4NOS	ALOO PARATHA	DOSA, MASALA	POORI / PATOORA	OOTHAPPAM	GOBI/ALLO PARATHA	
	CHUTNY, SAMBAR	NAMKEEN, CURD	DHANIYA CHUTNY	CHUTNY, SAMBAR	ALOO SAGU / CHENNA MASALA, DHANYA CHUTNY	CHUTNY, SAMBAR	DHANIYA CHUTNY	
	BBJ/T/C/M	BBJ/T/C/M	BBJ/T/C/M	BBJ/T/C/M	BBJ/T/C/M	BBJ/T/C/M	BBJ/T/C/M	
LUNCH	BINDI MASALA	PALAK	ALU GOBI / TINDORA Fry	RAJMA / BAINGAN Masala	SOYABEAN / Soya Mutter MASALA	ALU / Peas CABBAGE	PEAS ALU SEMI / KARELA DRY	
	CHENNA DAL	MOONG DAL /DAL FRY	BESAN PAKORA KADHI,	PALAK DAL / MIXED	MYSORE DAL / DAL THADUKA	CHENNA / ARKAR DAL	PUNJABI DAL	
	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	VEG BRIYANI	
	CHAPPATI, SALAD	CHAPPATI, SALAD	CHAPPATI, SALAD	CHAPPATI, SALAD	CHAPPATI, SALAD	CHAPPATI, SALAD	CHAPPATI, SALAD	
	FRYUMS / PAPPAD	FRYUMS / PAPPAD	FRYUMS / PAPPAD	FRYUMS / PAPPAD	FRYUMS / PAPPAD	FRYUMS / PAPPAD	FRYUMS / PAPPAD	
	Lemon Juice	Lemon Juice	Lemon Juice	Lemon Juice	Lemon Juice	Lemon Juice	Lemon Juice	
	CURD	CURD	CURD	CURD	CURD	CURD	BOONDI RAITHA	
SNACKS	SAMOSA	NOODLES	KACHORI, CHUTNEY	CHENNA CHAT / CUTLET	BHEL PURI	BREAD PAKORA	DHAHI VADA (2 Nos)	
	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	
DINNER	MUTTER / Palak PANNER	LOKI DRY /ALOO BHINDI	PANNER KOFTA / KADAI PANNER	GOBI MANCHURIAN / CHILLI GOBI	ALU DUM / ALU BAJJI	ALU JEERA / ALU CHILLI Baji	CHENNA MASALA	
	PUNJABI DAL	CHENNA MASALA	CHENNA DAL	PUNJABI DAL	TOMATO DAL	MIXED DAL	SAUCE	
	JEERA RICE	VEG PULAV, MASALA PAPAD	PLAIN RICE	PLAIN RICE	PEAS / KASHMIRI PULAO	CHENNA PULAV	FRIED RICE	
	FULKA, SALAD	FULKA, SALAD	FULKA, SALAD	FULKA, SALAD	FULKA, SALAD	METHI CHAPATHI	POORI	
	ICE CREAM	FLAVOURED MILK	FRUIT SALAD	BANANA	SEASONAL FRUIT	SWEET	KHEER + BANANA	

HOSTEL ADMINISTRATION, NIT HOSTELS, NATIONAL INSTITUTE OF TECHNOLOGY, TIRUCHIRAPPALLI – 620 015

MNEU FOR FIRST YEAR BOYS – TENTATIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pongal, medu vada (2 nos)	ONION/PODI/KAL DOSA	IDLY, VADACURY	OOTHAPPAM	SEMIYA / RAV KITCHIDI	POORI, POTATO MASALA	MASAL DOSA
	Sambar, chutney	Sambar, onion chutney	Tomato chutney	Sambar, mint chutney	Sambar, coconut chutney	Tosated bread (4 nos)	Sambar, coconut chutney
	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE	BBJ/TEA/COFFEE
LUNCH	Sambar	Vathakuzhambu	Sambar	Parrupu podi, ghee, morkuzhambu	Sambar	Karakuzhambu	Mixed veg gravy
	Potato / cabbage dry	Carrot, beans / raw banana poriyal	Ladies finger/ yam fry	Gobi / beetroot curry	Pumpkin, mochhai / keerai kootu	Mixed Veg Curry (kerala type)	Gobi/ aloo 65
	Dal Fry / Dal Makihni	Green peas curry	Chenna Dal	Rajma	Punjabi Dal	CHENNA / ARKAR DAL	Raitha
	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Steam rice	Veg. Briyani, raitha
	Chappati,	Fulkha, Salad	Chappathi	Fulkha	Chappthi	Chappthi	Fulkha
	Rasam, appalam	Rasam, appalam	Rasam, appalam	Rasam, appalam	Rasam, appalam	Rasam, appalam	Curd rice
	Lemon juice	Lemon juice	Lemon juice	Lemon juice	Lemon juice	Lemon juice	Lemon juice,
	Curd	Curd	Curd	Curd	Curd	Curd	Chips
	Veg Salad	Veg Salad	Veg Salad	Veg Salad	Veg Salad	Veg Salad	Veg Salad
SNACKS	Bujji 2 nos+ chutney	Sprouts (1 cup)	Big samaosa (1 no), sauce	Curd/rasa/medu vada (2) cutney	Onion/ medu pakoda	Cutlet / bonda, 2 nos, sauce	Kerrai / parupu vada (2 no)
	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee	Milk/tea/coffee
DINNER	Idly	Fulkha	Chappathi	Chappathi	Dosa	Chappthi	Fulkha
	Sambar, chutney	Veg kuruma	Meal maker masala	Chenna masala	Sambar, chutney	Tomato thokku	Panner butter masala
	Rice	Veg pulav / fried rice	Tomato / mint rice	Rice	Besibela bath	Jeera rice	Lemon / tamarind rice
	Mixed veg curry	Gobi / aloo manjuriyan	Potato peas / potato capcicum poriyal	Veg poriyal	Fryams	Raitha	Thoviyal
	Rasam	Butter milk	Curd rice, pickle	Rasam, appalam	Curd rice, pickle	Curd rice	Curd rice, pickle
	Butter milk	Seasonal fruit	Butter milk	Butter milk	Flavored milk	Banana	Banana
	Ice cream		Banana	Gulab Jamoon			