

(Under The Aegis of GD Goenka Group)

Dehradun Uttarakhand

Thrive. For Life.

Mess Menu w.e.f 16tH OCTOBER 2025 to 31st OCTOBER 2025			
DAY	BREAKFAST	LUNCH	SNACKS
MONDAY	ALOO PYAZ PARATHA	ARHAR DAL TADKA	SEASONAL FRUITS
	BUTTER, MINT CHUTNEY	TOMATO PANEER RASSA	
	VEGETABLE UPMA	STEAM RICE	
	MASALA CHAAS	TAWA CHAPATI	
		GREEN SALAD	
		DESSERT- SEVAI KHEER	
TUESDAY	VEGETABLE PENNE PASTA	RAJMA CURRY	SEASONAL FRUITS
	VEG-DALIA PULAO	ALOO GOBHI MASALA	
	HARI CHUTNEY	STEAM RICE	
	BOURNVITA MILK	TAWA CHAPATI	
		GREEN SALAD, BOONDI RAITA	
		DESSERT- GULAB JAMUN	
WEDNESDAY	SEMOLINA PANCAKE	VEGETABLE HAKKA NOODLE	SEASONAL FRUITS
	JAGGERY SYRUP	SCHEZWAN FRIED RICE	
	VEGETABLE POHA	VEGETABLE MANCHURIAN	
	LEMON WATER	KIMCHI SALAD	
		DESSERT- FRUIT CUSTARD	
THURSDAY	MATAR KULCHA	HANDI DAL	SEASONAL FRUITS
	SAUTE VEGETABLE	CARROT MATAR	
	SWEET LASSI	STEAM RICE	
		TAWA CHAPATI	
		VEGETABLE RAITA, GREEN SALAD	
		DESSERT- RICE PHIRNI	
FRIDAY	POTATO SANDWICH	KABULI CHOLE	SEASONAL FRUITS
	NAMKEEN SEVAI	MIX VEGETABLE	
	TOMATO SAUCE	STEAM RICE	
	HOT CHOCOLATE MILK	TAWA CHAPATI	
		GREEN SALAD, VEGETABLE RAITA	
		DESSERT- SUJI HALWA	
SATURDAY	BLACK CHANA CURRY	HALF DAY	SEASONAL FRUITS & SNACKS
	METHI POORI		
	RICE KANJI		
	MASALA SHIKANJI		
SUNDAY		HOLIDAY	

Mess Captain



