

## TIFR CANTEEN MENU

Date	B/F Egg Dish	IND B/F D	Sandwich	Evng Snax	Common Lunch	East Canteen	West Canteen	Dinner
<b>19-09-2022</b> <b>Monday</b>	Masala Omlette  Boiled Egg  Toast	Onion Poha	Cheese S/W    Chutney S/W	Samosa   Paneer Slice Veg kheema Tomato Cucumber Slice	Veg Clear soup Egg On Spinach Mutton Kolhapuri Curd  Salad Shahi Tukra	Chapatti Rice Mix Dal Doodhi Foogath Red Gram Usal	Veg Pulao Cole Slaw Cream Potato Spageeti cheese Balls Veg Nilgiri apple	Chapatti/Rice Moong Dal  Chicken Masala Bhindi Potato Curd  Cuchumber
<b>20-09-2022</b> <b>Tuesday</b>	Onion Omlette  Boiled Egg  Toast	Idli Sambhar	Chutney S/W   Cheese S/W Shredded cabbage Cap.Carrot Rajma salad	Potato Vada   Potato Subji Shredded cabbage Cap.Carrot Rajma salad	Veg Hot \$sour Soup Cheese Mac Omlette Mutton Liver Grill Curd  Chickpeas salad Cake With Custard	Chapatti Rice Toor Dal Cabbage Chana Dal Spt Moong Usal	Peas Pulao Potato Hongroise Boiled Veg Potato Chilly Fry Veg Makhani Mix Cut Fruit	Chapatti/Rice Toor Dal Egg Curry Arvi masala Curd  Salad
<b>21-09-2022</b> <b>Wednesday</b>	Masala Omlette  Boiled Egg  Toast	Misal Pav	Veg S/W Chicken S/W  Chutney S/W Potato Capsicum Tomato Slice Shredded chicken (inBechaMel Sauce) Corn salad	Bhel	Ministroni Soup Tomato omlette Fried Fish Curd  Salad Caramel Custard	Chapatti Rice Mixed Dal Veg Masala Dry Chawali Usal	Tomato Coco Pulao Potato Chips Toss Veg Veg Mix Grill Palak Corn Papaya	Chapatti/Rice Masoor Dal Chawli beans potato Mutton kheema  Curd  Curd Chchumber
<b>22-09-2022</b> <b>Thursday</b>	Tomato Omlette  Boiled Egg  Toast	Veg Upma	Tomato S/W	Sheera   Green salad Paneer Bhurjee Corn salad	Mullugatwany Soup Chinese Omlette Mutton Kheema Curd  Salad Semiya Kheer	Chapatti Rice Moong Dal Papadi Potato Black peas Usal	Fried Rice Roast Sweet Potato Saute Doodhi Veg Chow Chow Veg Manchurian Pineapple	Chapatti/Rice Masoor Dal Fried Fish Fr Beans Potato Curd Salad

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Date	B/F Egg Dish	IND B/F D	Sandwich	Evng Snax	Common Lunch	East Canteen	West Canteen	Dinner
<b>23-09-2022</b> <b>Friday</b>	Masala Omlttee  Boied Egg  Toast	Pav Bhaji	Veg S/W Egg S/W   Chutney S/W	Chana Dal Vada   Potato Cap.Mush Room Subji Chicken Tikka Spt Moong Salad	Sweet Corn soup Mushroom Omlette Chicken Masala Grill  Curd Cuchumber  Payassam	Chapatti Rice Masoor Dal Brinjal Potato Spt Matakhi Usal	Peanut Pulao Mint Potato Glazed carrots Chole With Raddish Veg Vindaloo Methi  Elaichi Banana	Chapatti Rice Moong Dal Chicken Lolipop Gawar Potato Curd Cuchumber
<b>24-09-2022</b> <b>Saturday</b>	Masala Omelett	Puri Bhaji			Chapaty Rice Mix Dal Mutton Chilly Fry Capsicum Potato Rajma Masala  Cuchumber			Chapaty Rice Masoor Dal Aloo Methi Curd Curd Cuchumber
<b>25-09-2022</b> <b>Sun</b>	Boiled Egg	Veg Upma			Chicken Biryani/Egg Biryani Veg Biryani <u>Boondi Raita</u>			