

TIFR CANTEEN MENU

Date	B/F Egg Dish	IND B/F Dish	Sandwich	Evng Snax	Common Lunch	East Canteen	West Canteen	Dinner
20-06-2022 Monday	Masala Omlette Boiled Egg Toast	Onion Poha	Cheese S/W Chutney S/W	Moong Dal Bhajji Paneer Slice Veg kheema Tomato Cucumber Slice	Veg Clear soup Egg on Potato Mutton Italian Curd PI Cucumber Mango Custard	Chapatti Rice Mix Dal Doodhi Foogath Aloo Chole	Veg Pulao German Potato Saute Veg Spinach Souffle Paneer Mutter Water Melon	Chapatti/Rice Moong Dal Mutton Liver Grill Small onionKid Potato Curd Cuchumber
21-06-2022 Tuesday	Onion Omlette Boiled Egg Toast	Idli Sambhar	Chutney S/W Cheese S/W Shredded cabbage	Methi Bhajjia Potato Subji Cap.Carrot Rajma salad	Lentil Tomato Soup Cheese Omlette Chicken Kolhapuri Chickpeas salad Phirnee	Chapatti Rice Toor Dal Aloo Gobi Spt Mix Pluses Curry	Peas Pulao Mint Potato Boiled Veg Cheese Toast Veg Makhani Apple	Chapatti/Rice Toor Dal Egg Curry Papdi potato Curd Salad
22-06-2022 Wednesday	Masala Omlette Boiled Egg Toast	Misal Pav	Veg S/W Chicken S/W Chutney S/W Potato Capsicum Tomato Slice Shredded chicken(inBechaMel Sauce)	Bhel Corn salad	Mushroom Soup Tomato omlette Fish Goan Curry Curd Spt Moong Salad Semiya Kheer	Chapatti Rice Mixed Dal Tindli Red Gram Aloo mutter	Jeera Fried Rice Potato Chips Russian Salad Spaghetti Ch Balls Palak Corn Papaya	Chapatti/Rice Masoor Dal Chawli beans potato Mutton Chops Curd Curd Chchumber
23-06-2022 Thursday	Tomato Omlette Boiled Egg Toast	Sago Khitchadi	Tomato S/W	Sago wada Paneer Bhurjee	Cream Of Spinach Soup Plain omelette Mutton Cutlet Curd Toss Salad	Chapatti Rice Moong Dal Cabbage Potato Spt Matki Usal	Lime Rice Roast Sweet Potato Saute Doodhi Cauliflower Bhujjia Avial Pears	Chapatti/Rice Masoor Dal Egg Curry Arvi Masala Curd Salad

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24-06-2022 Friday	Masala Omlttee Boied Egg Toast	Pav Bhaji	Veg S/W Egg S/W Chutney S/W	Pizza Potato Cap.Mush Room Subji Spt Moong Salad	Sweet Corn soup Egg Hongroise Fried Fish Salad Shahi Tukra	Chapatti Rice Mixed Dal French Beans Potato Black Peas Usal	Jeera Fried Rice Parsely Potato Saute Veg Veg Mix Grill Veg Nilgiri Pineapple	Chapatti Rice Moong Dal Chicken Masala Karela Potato Curd
25-06-2022 Saturday	Masala Omelett Boiled Egg Toast	Poha			Chapaty Rice Mix Dal Fried Chicken Aloo Gobi Chole Masala Cuchumber			Chapaty Rice Masoor Dal Bhindi Potato Curd Curd Cuchumber
26-06-2022 Sun	Boiled Egg	Veg Upma			Chicken Biryani/Egg Biryani Veg Biryani Boondi Raita			