

JAWAHAR NAVODAYA VIDYALAYA,PATHANAMTHITTA

MESS MENU 2023

DAY	BLACK COFFEE	BREAKFAST	LUNCH	EVENING TEA	DINNER
SUNDAY	*****	RAGI PUTTU/PUTTU,BENGAL GRAM CURRY/PLANTAIN,BOURN VITA	RICE,RASAM,FISH CURRY THORAN,SOYABEAN CURRY(VEG) PAYASAM/FRUIT (VEG)	TEA BONDA	RICE,SAMBAR PICKLE THORAN SEASONAL FRUIT
MONDAY	BLACK COFF BISCUIT	DOSA/RAGI DOSA CHUTNEY BOURN VITA	RICE,SAMBAR,PACHADY THORAN,PAYASAM	TEA CAKE	RICE VEG CURRY THORAN,KOOTTU CURRY
TUESDAY	BLACK COFF BISCUIT	BREAD,EGG GREENPEESE CURRY KESARI/BANANA(VEG) BOURN VITA	RICE,SAMBAR, AVIYAL,THORAN PICKLE/CHUTNEY	TEA RAGI KOZHUKKATTA	RICE VEG CURRY SOYA CURRY,THORAN
WEDNESDAY	BLACK COFF BISCUIT	UPPUMA BENGAL GRAM CURRY/ PLANTAIN BOURN VITA	RICE,RASAM,CHICKEN CURRY SALAD,PANEER CURRY(VEG) CURD	TEA PARIPPUVADA	KANJI LOBIA THORAN/ GREEN GRAM THORAN CHUTNEY/PICKLE
THURSDAY	BLACK COFF BISCUIT	APPAM GREENPEES CURRY BOURN VITA	RICE,RASAM, FISH CURRY,TAPIOCA ,CURD(VEG) COULIFLOWER CURRY (VEG) PAYASAM/FRUIT(VEG)	TEA BISCUIT	RICE,VEG CURRY THORAN PICKLE,MIXED FRUIT
FRIDAY	BLACK COFF BISCUIT	IDLI SAMBAR/ BOURN VITA	RICE,VEG CURRY/ EGG CURRY,THORAN PICKLE	TEA BANANA FRY	RICE MORU CURRY SOYA CURRY,PICKLE
SATURDAY	BLACK COFF BISCUIT	APPAM GREENPEES CURRY, TEA	RICE,RASAM CHICKEN CURRY,SALAD PANEER CURRY(VEG) PAYASAM/FRUIT(VEG)	TEA BUN	RICE VEG CURRY MASALA CURRY THORAN