



JHARKHAND Rai University

UGC RECOGNISED UNIVERSITY

ACCREDITED BY NAAC

MENU FOR MESS STUDENTS

W.E.F :- 13th August, 2019

DAYS	BREAKFAST	LUNCH	DINNER
TIME	7AM To 9AM	12:30PM To 2:30PM	7PM To 9PM
Monday	Paratha + Aloo Sabji (Upto 2Pcs)	Rajma Chawal	Roti + Seasonal Vegetable
Tuesday	Upma / Chilla	Rice + Dal + Seasonal Vegetable	Rice + Dal + Chokha
Wednesday	Idli + Sambar (Upto 3Pcs)	Rice + Dal + Aloo Chana	Roti + Seasonal Vegetable
Thursday	Puri + Aloo Chana (Upto 4Pcs)	Rice + Dal + Seasonal Vegetable	Rice + Dal + Soyabeen
Friday	Roti + Sabji (Upto 4Pcs)	Rice + Dal + Kabuli Chana	Roti + Seasonal Vegetable
Saturday	Veg Chowmin	Khichadi + (Pickle + Papad) / Chokha	Rice + Dal + Aloo Matar
Sunday	Chole Bhature (Upto 2 Pcs)	Jeera Rice + Dal Fry + (Palak Paneer /Matar Paneer)	Roti + Seasonal Vegetable + (Kheer / Sewai)

Note : Please put your valuable Feedback in register kept at JRU Mess.

