

Day No	Breakfast	Morning Short Break	Lunch	Evening Snacks	Dinner
1	Idli	Water Melon Slice	Cucumber	Aloo Bonda	Chapathi
	Vada	Choco Chip Cookies	Chapathi	Mint Chutney	Aloo and Hesaru Kalu Kurma
	Sambar		Gatti bele Palya	(Tea only for staff)	Puliyogare
	Gatti Chutney		Herekai Ennegayi		Chutney without Garlic
	Milk with Boost		White Rice		Godhi Payasa
	(Tea only for staff)		Aloo Dal Sambar		
			Curd		
		Pappad			
		Moringa Powder and Pickle			
2	Aloo Poha With Grated Coconut and lemon	Donut	Carrot	Mangalore buns	Poori
	Curd	Musk Melon Slice	Chapathi	Gatti Chutney	Chole Masala
	Onion Pakoda		Beans carrot palya with grated coconut	(Tea only for staff)	Peas Pulao
	Boost Milk		Rajma Masala		Raitha
	(Tea only for staff)		White Rice		Palak,Pudina Shorba
			Drumstick sambar		
			Pappad		
		Curry leaf powder and Pickle			
3	Bisibele Bath	Pine apple pastry	Onions	Gobi Manchurian	Jowar Roti (soft)
	Boondi	Jeera Cookies	Chapathi	Ketchup	Shenga powder and Pickle
	Boost Milk		Beetroot palya with Channa Dal	(Tea only for staff)	Brinjal Ennegayi Palya
	(Tea only for staff)		Madike kalu Palya		white rice
			White Rice		Pepper Rasam
			Tamarind Rasam		Dry Jamun
			Pappad		Curd
		Pickle			
4	Set Dosa	Lemon Juice with cardemom and Ginger	Cucumber	Chilli potato Mix (Wedges)	Chapathi
	Groundnut Chutney	Honey Cake	Chapathi	Tomato Ketchup	Kofta Curry
	Bele Sambar		Alasande kalu Palya	(Tea only for staff)	Veg Biryani
	Boost Milk		Aloo, gobi palya		Raitha
	(Tea only for staff)		White Rice		Veg Manchou Soup
			Mix Veg Sambar		
			Pappad		
		Puttani Pudi and Pickle			

5	Poori	Pine apple Slice	Sprouts with grated coconut	Papdi Chat	Chapathi
	Veg Kurma	Sandwich	Chapathi	(Tea only for staff)	Cabbage + Channa Palya
	Chutney		Tondekaayi Palya		Vangi Bath
	Boost Milk		white rice		Chutney
	(Tea only for staff)		Pumpkin Sambar		Pumpkin Soup
		Pappad			Shavige Payasa
		Gurellu Pudi and Pickle			
6	Lemon Rice	Bread Jam	Kosambari	Samosa	Chapathi
	Kadale Chutney	Salt Biscuit	Chapathi	Tomato Ketchup	Black Channa Masala
	Mirchi Bajji		Suvarnagadde Palya	(Tea only for staff)	Pudina Rice
	Boost Milk		white rice		Chutney
	(Tea only for staff)		palak Dal & Curd		Red Chilli
		Pappad			
		Shenga Pudi and Pickle			
7	Masala Dose		Onions	Upma with Chutney	Chapathi
	Alu Palya		Chappati	(Tea only for staff)	Capsicum Masala
	Coconut Chutney		Javalikai Palya		Pongal
	Boost Milk		White rice		Shenga Chutney
	(Tea only for staff)		Veg Sambar		
		Pickle			
8	Dal Palak Kichdi	Veg Puff	Carrot	French Fries	Chapathi
	Raitha	Banana	Chappati	Tomato Ketchup	Aloo Mutter Masala
	Boost Milk		Bendekai Palya	(Tea only for staff)	Jeera Rice
	(Tea only for staff)		Red Dal		Yellow Dal
			white rice		Mysore Pak
		Tomato Rasam			
		Pappad			
		Curry leaf powder and Pickle			
9	Idli	Bread Jam	Sprouts	Bonda Soup	Chapathi
	Vada	Papaya Slices	Chapathi	(Tea only for staff)	Bendi Do pyaz Gravy
	Coconut Chutney		Mix Veg Palya		Ghee Rice
	Sambhar		Veg Pulao		Palak Dal
	Boost Milk		Raita		
(Tea only for staff)		Pappad			
		Pickle			

10	Shavige Upma	Chocolate Croissant	Cucumber	Pav Bhaji	Chapathi
	Chutney	Seasonal Fruit	Roti	(Tea only for staff)	Soya Masala
	Boost Milk		Badanekayi Ennegayi		White Rice
	(Tea only for staff)		White Rice		Majjige Huli Sambar with Ashgourd
			Mixed Soppu Bele Sambar		Kesri Bath
			Curd		
			Pappad		
		Shenga Pudi and Pickle			
11	Set Dosa	Cake - Tuti-fruti	Carrot	Pani Puri and Masala Puri	Methi Chapathi
	Tomato Chutney	Banana	Methi Chapathi	(Tea only for staff)	Alasande Kalu Palya
	Vegetable Sagu		Aloo Tomato Palya - semi gravy		Peanut Rice with lemon and grated Coconut
			Huralikal Palya		Chutney
	Boost Milk		White Rice		Horlick Burfee
	(Tea only for staff)		Basida Saru		
			Curd		
		Pappad			
		Agasi powder and Pickle			
12	Tomato Bath	Papaya Slices	Onions	Vada Pav	Jeera Chapathi
	Chutney	Ragi Cookie	Ajwain Chapathi	(Tea only for staff)	Chole Masala
	Mirchi Bajji		Tondekai Palya		White Rice
	Boost Milk		Sore kai Palya		Drumstick Sambar
	(Tea only for staff)		White Rice		Butter Milk
			pepper rasam		
			Pappad		
		Gurellu and Pickle			
13	Onion Dosa	Seasonal Fruit Juice	Green Salad (All Mix without Onion)	Maggi	Chapathi
	Bombay Sagu	Like - Grapes, Mango, Apple, Guava, Black Jamun, Pomogranate, Chikoo etc	Chapathi	Ketchup	methi mutter masala
	Chutney		Paneer Butter Masala	(Tea only for staff)	Tomato Rice
	Boost Milk		Biranji Rice with chutney		Red Dal
	(Tea only for staff)		Chilli Gobi		Sweet Lassi
			Pickle		
14	Masala Dosa		Green Salad	Masala Poori	Ragi Ball
	Aloo Palya		Chapathi	(Tea only for staff)	Sabaski Soppu Udaka
	Chutney		Mix Veg Palya		white rice
	Boost Milk		White rice		Raddish Sambar
	(Tea only for staff)		Carrot Beans sambar		Sabbakki Payasa
			Pickle		

Note:	
1	Breakfast will be served between 7:30 AM to 9:00 AM. Mess doors shall be closed thereafter
2	Morning Snacks to be served in the school Assembly area
3	Lunch to be served between 12:45 PM to 2:30 PM. Mess shall be closed thereafter
4	Evening snacks will be served between 5:00 PM to 6:00 PM
5	Dinner To be served between 7:30 PM to 9:00 PM. Mess to be closed by 9:30 PM
6	Any Child unwell desiring to eat items other than those in the menu shall obtain permission from staff nurse and then the warden. The warden shall coordinate with Mess manager, not
7	Sugar shall not be served in the dining hall
8	Hot water will be provided on demand
9	All plates, bowls, glasses to be handled with care and be dropped in their respective carts
10	The food waste must not be discarded in the sink under any circumstances.
11	Take all that you want and eat all that you have taken. Wastage wont be tolerated. Penalties will be imposed unilaterally without investigation.
12	while there is no limit in the quantity of food served in the mess, Certain fruits and sweets will be served limited in quantity
13	Any issue in the mess shall be escalated to the mess manager only through emails. Rude behaviour in the mess will not be tolerated. The email address of the mess manager is listed below.
14	Kindly keep your table clean, sanitise after eating and do not crowd the dining hall, vacate the hall as soon as the dinner is over. Refrain from chatting inside the dining hall. Do not move
15	Nobody except the mess staff is allowed inside the kitchen area and food production area.
16	Use only designated dining halls, refrain from using other dining halls at all times.
17	Waste of any kind to be discarded only in the bins. "NOT OUTSIDE THE BIN". You are not allowed to carry food outside the mess unless authorised in writing and the same is brought to the
18	Only those staff children who are permitted, in writing, to use the mess facility will be allowed inside the mess. The concerned staff will be responsible for any inconvenience caused to any
19	Kindly avoid using the washrooms at the mess.
20	Speak Soft, Be courteous, and follow all the rules and regulations. Extreme behaviour leads to extermination or even restricted/no entry to individuals.
21	messmanager@pssemrschool.com , CC: dean@pssemrschool.com
22	Those who want the cake for various celebrations may order the cake one day before at standard rates of Rs 250- 1/2 kg, Rs 500-1kg, Rs 1000 - 2kg (pastries)

the amount will be deducted from the store and staff who may order shall pay cash to Mr Bhogesh