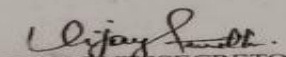
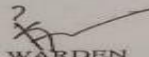

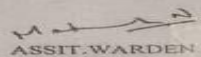



ZERO HUNGER (SDG 2)

The students are provided with good quality meal thrice a day. Catering the daily nutritional requirements of the student, A vegan menu is designed and authorized to meet the requirements for a healthy food.

JSS COLLEGE OF PHARMACY, OOTACAMUND BOYS HOSTEL MEAS MENU WEEK 1 & 3			
	BREAKFAST	LUNCH	DINNER
MON	Bread , cut fruits, jam Pongal , coconut chutney, sambar, gram dhal masala vada	Rice , sambar(brinjal, drumstick) , rasam , eard, chapathi , yellow dhal(onion, tomato, cucumber , carrot, beetroot salad)	Idly , tomato curry , pudhina chutney / ground nut chutney , rice , rasam , butter milk , podi
TUE	Bread , cut fruits, jam, Ravaupina , kesari , banana , Coconut chutney	Chapathi , small soya gravy , rice , sambar(raddish), aaloobhindhi , rasam , buttermilk	Vegetable biriyani , plain kuruma onion raitha , rice , rasam , potato chips , butter milk
WED	Bread , jam Big plain dosa, coconut chutney , sambar	Chapathi , green gram dhal , rice , pulikolambu (ladyfinger), rasam , cabbageporial , curd , appalam	Chapathi , peanut gravy , , rice , rasam , butter milk
THU	Bread , cut fruits, jam, Maggie noodles	Chappathi ,alu fry , rice , kerala rice , Sambar (mango with brinjal) , Rasam , Buttermilk	Ghee rice , vegetable kuruma, Potato Chips, rice , rasam , butter milk
FRI	Bread jam Idly , medhuvada , sambar, coconut chutney	Chapathi, Rajmascurry, Rice , Sambar(Keera), Rasam , Curd (Onion, Cucumber , Carrot)	Uthappam ,coconut chutney, onion chutney , sambar , , rice , rasam , butter milk , fruit (seasonal)
SAT	Bread , butter , jam, bread toast, banana, tomato Curry, cornflakes, milk	Poori ,Aalu Masala , Rice, More Kulambu , Rasam , Sundal	Pudhinarice , coconut chutney , wheat chips, rice , rasam , butter milk
SUN	Bread , jam, Masala dosa , coconut chutney, sambar	Soya biriyani ,Raitha , Potato Chips.	Chapathi , coconut chutney , mushroom gravy , rice , rasam , butter milk
WEEK 2 & 4			
	BREAKFAST	LUNCH	DINNER
MON	Bread , cut fruits, jam , Pongal , coconut chutney, sambar, gram dhal masala vada	Rice , sambar(brinjal, drumstick) , rasam , eard, chapathi , yellow dhal(onion, tomato, cucumber , carrot, beetroot salad)	Uthappam , tomato curry , pudhina chutney / ground nut chutney , rice , rasam , butter milk , podi
TUE	Bread , cut fruits, jam, Aappam , puttu, sundalkuruma, coconut chutney	Chapathi , yellow dhal , rice , sambar(raddish), aaloobhindhi , rasam , buttermilk	Mushroom biriyani , plain kuruma , onion raitha , rice , rasam , potato chips , butter milk
WED	Bread , jam, Semiupina, banana , kesari , coconut chutney	Chapathi , green peas kuruma , rice , pulikolambu (ladyfinger), rasam , cabbageporial , curd , appalam	Chapathi ,alu masala, rice , rasam , butter milk
THU	Bread , cut fruits, jam, Maggie noodles	Chappathi ,alu fry , rice , kerala rice , Sambar (mango with brinjal) , Rasam , Buttermilk	Tomato rice , curd rice , coconut chutney, frymas
FRI	Bread , jam, Idly , medhuvada , sambar, coconut chutney	Chapathi, avaraikulambu , ghee , Rice , Sambar(Keera), Rasam , Curd (Onion, Cucumber , Carrot)	Uthappam ,coconut chutney, onion chutney , sambar , , rice , rasam , butter milk , fruit (seasonal)
SAT	Bread , butter , jam, bread toast, banana, tomato Curry, cornflakes, milk	Poori ,Aalu Masala , Rice, More Kulambu , Rasam , Sundal	Coconut rice , lemon rice , boondhi
SUN	Bread , jam, Masala dosa , coconut chutney, sambar	Soya biriyani ,Raitha , Potato Chips.	Chapathi , coconut chutney , Tomato curry , rice , rasam , butter milk

NACKS: MON : Good day Biscuit; TUE : Coconut Ball / Tea Cake; THURS : Cutlet ; FRI : KaaraPorri/Cupcake
 UN: Samosa / puff
 WEETS: WED : Cup Ice cream (vanilla) / SemiPayasam / Chocobar Ice Cream / Fruit Salad
 Daily morning and evening beverages : TEA 10L / COFFEE 25L / MILK 5L
 ESS TIMINGS : Morning – 8 to 9.30am , Afternoon – 12.30 to 2 pm , Night – 7.15 to 8.45 pm

 STUDENT SECRETARY
 WARDEN
 ADMIN OFFICER
 ASSIT. WARDEN
 PRINCIPAL