

**MAYO COLLEGE**  
**MESS MENU JAN 2026 (first and third week)**

<u>Meals</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Stuffed Parathas</li> <li>• Wheat Porridge</li> <li>• Pickle, Garlic Chutney and Curd</li> <li>• Toast, Butter, Jam &amp; Sauce</li> <li>• Plain Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Cornflakes with Milk</li> <li>• Egg Bhurji/Vegetable Sandwich and Poha</li> <li>• Sprouts</li> <li>• Brown Bread, Butter, Honey, Sauce</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Idli, Sambhar, Poha &amp; Coconut Chutney</li> <li>• Brown Bread, Butter, Jam &amp; Sauce</li> <li>• Plain Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Namkeen Sewaian</li> <li>• Chicken Sausages /Paneer Toast</li> <li>• Sprouts</li> <li>• Plain Milk</li> <li>• Brown Bread, Peanut Butter, Jam &amp; Sauce</li> <li>• Seasonal Fruit</li> <li>• Tea for staff</li> </ul>
<b>Short Break</b>		<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Chapati</li> <li>• Daal Makhani</li> <li>• Veg and Paneer Biryani</li> <li>• Soya Chap masala/Seekh Kebab masala</li> <li>• Curd</li> <li>• Papad / Pickle/Salad</li> <li>• Til ladoo</li> </ul>	<ul style="list-style-type: none"> <li>• Butter Chicken/Paneer Butter Masala</li> <li>• Masoor Daal</li> <li>• Lauki Tamatar</li> <li>• Curd</li> <li>• Tandoori Roti and Rice</li> <li>• Vinegar Onion Salad</li> <li>• Gulab Jamun</li> </ul>	<ul style="list-style-type: none"> <li>• Pindi Chole</li> <li>• Jeera Aloo</li> <li>• Dahi Vada with saunth</li> <li>• Bhatura/Kulcha &amp; Rice</li> <li>• Green Chutney</li> <li>• Kachumber Salad</li> <li>• Sweet Boondi</li> </ul>	<ul style="list-style-type: none"> <li>• Rajmah Masala</li> <li>• Aloo Matar Dry</li> <li>• Boondi Raita</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Gondh Ladoo (Urad daal)</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Tringa Sandwich</li> <li>• Bournvita Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Vada Pao</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Patties</li> <li>• Coffee Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Peanut and Chana</li> <li>• Choco Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Paneer Masala</li> <li>• Daal Moong Masoor</li> <li>• Methi Aloo</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Chocolate Burfi</li> </ul>	<ul style="list-style-type: none"> <li>• Kadi Pakori</li> <li>• Aloo Matar</li> <li>• Bharwan Baingan</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Peanut Chikki</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato soup</li> <li>• Veg noodles and Fried Rice</li> <li>• Cheese Pizza</li> <li>• Rice and Daal</li> <li>• Garlic Bread Butter and sauce</li> <li>• Cake/ Fruit Custard</li> </ul>	<ul style="list-style-type: none"> <li>• Hot and Sour Soup</li> <li>• Garlic Chicken/Garlic Paneer</li> <li>• Veg Pasta</li> <li>• Veg Fried rice</li> <li>• Veg Manchurian</li> <li>• Bread, Butter and Sauce</li> <li>• Fruit Cream</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk, Roasted Chana</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Soya sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Biscuits</li> </ul>

<b>Meals</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Chocos with Milk</li> <li>• Omelets /Bread Roll with Soya</li> <li>• Toast, Butter, Jam and Sauce</li> <li>• Nutella Sandwich</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Masala Oats</li> <li>• Boiled Eggs or Omelets/ Aloo Bonda</li> <li>• Toast, Butter and Jam</li> <li>• Sprouts Chana Salad</li> <li>• Fruit</li> <li>• Milk, Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Cornflakes with Milk</li> <li>• Chicken Sausages and Fried egg</li> <li>• Cheese Toast and Veg Cutlet</li> <li>• Brown Bread, Butter, Jam, Sauce</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Matar Paneer/Mutton Curry</li> <li>• Mix Daal</li> <li>• Mooli Palak</li> <li>• Rice and Chapati</li> <li>• Salad and Curd</li> <li>• Daal Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Butter Chicken /Paneer lababdar</li> <li>• Dal Moong Masoor</li> <li>• Aloo Semfali</li> <li>• Butter Naan and Rice</li> <li>• Green Salad</li> <li>• Gajjak</li> </ul>	<ul style="list-style-type: none"> <li>• Keema Matar/ Kadai Paneer</li> <li>• Daal Moong Chilka</li> <li>• Aloo Methi</li> <li>• Jeera Pulao and Chapati</li> <li>• Kheera Raita</li> <li>• Salad and Papad</li> <li>• Gajjar Halwa</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Samosa</li> <li>• Bournvita Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Onion Kachori</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Vada/Pakora</li> <li>• Choco Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Daal Makhani</li> <li>• Aloo Rogan Josh</li> <li>• Gajjar matar</li> <li>• Salad</li> <li>• Rice and Chapati</li> <li>• Kear Bati</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Masoor Sabut</li> <li>• Gobhi Matar</li> <li>• Aloo Pyaz</li> <li>• Salad and Lahsun Chutney</li> <li>• Jeera Rice and Plain Parathas</li> <li>• Petha</li> </ul>	<ul style="list-style-type: none"> <li>• Malai/ Lauki Kofta curry</li> <li>• Daal Moong Sabut</li> <li>• Cabbage Matar</li> <li>• Jeera Pulao and Chapati</li> <li>• Salad</li> <li>• Rice Kheer</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk, Roasted foxnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Chocolate Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Bhelpuri</li> </ul>

**Remarks:**

1. Extra Diet for those who are in the School Team for 20 days prior to the tournament and for 10 days during the Competitions or recommendation of doctor.
2. Fruits to be served as per availability.
3. Gur to be served when suitable.

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**Mr. Manoj Kumar Pareekh**  
**Bursar**

**MAYO COLLEGE**  
**MESS MENU JAN 2026 (second and fourth week)**

<b>Meals</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits -</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Sooji Porridge</li> <li>• Cheese Omelet/ Matar Cutlet</li> <li>• Toast, Butter, Jam &amp; Sauce</li> <li>• Milk</li> <li>• Seasonal Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• White Oats with Milk</li> <li>• Egg Bhurji/Aloo Sandwich</li> <li>• Upma</li> <li>• Brown Bread, Butter, Honey &amp; Sauce</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Vada/Uttipam with Sambhar &amp; Coconut Chutney</li> <li>• Masala Poha</li> <li>• Bread, Butter, Jam &amp; Sauce</li> <li>• Plain Milk</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Saboot Dana Kichdi or Dalyia</li> <li>• Masala Omelettes/Paneer chila</li> <li>• Sprouted Moong Chaat</li> <li>• Plain Milk</li> <li>• Brown Bread, Peanut Butter, Jam &amp; Sauce</li> <li>• Fruit</li> <li>• Tea for staff</li> </ul>
<b>Short Break</b>		<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Chicken Biryani /Veg and Paneer Biryani</li> <li>• Aloo Tamatar</li> <li>• Yellow Daal</li> <li>• Onion and Tomato Raita</li> <li>• Chapati</li> <li>• Papad / Salad</li> <li>• Peanut Chikki</li> </ul>	<ul style="list-style-type: none"> <li>• Kadai Chicken/Kadai Paneer</li> <li>• Daal Moong Palak</li> <li>• Baigan Bharta</li> <li>• Green Chutney</li> <li>• Naan and Rice</li> <li>• Salad</li> <li>• Kala Jam</li> </ul>	<ul style="list-style-type: none"> <li>• Sarson Ka Saag</li> <li>• Hari Moong Daal</li> <li>• White Kadi</li> <li>• Lahsun Chutney</li> <li>• Rice and Makki Roti</li> <li>• Salad &amp; Pickle</li> <li>• Gur</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Curry/ Paneer Korma</li> <li>• Daal Arhar</li> <li>• Tamatar Chutney</li> <li>• Chapati and Rice</li> <li>• Curd and Salad</li> <li>• Sweet Boondi</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Chutney Sandwich</li> <li>• Coffee Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Patties</li> <li>• Bournvita Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mix Pakora</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Matri</li> <li>• Coffee Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Paneer Masala</li> <li>• Daal Masoor</li> <li>• Aloo Palak</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Rosogulla</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed Daal</li> <li>• Matar Paneer</li> <li>• Mangori Pyaz</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Til Patti</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Cheese Soup</li> <li>• Veg Burger</li> <li>• Cheese Pasta</li> <li>• Bread, Butter and Sauce</li> <li>• Finger Chips</li> <li>• Chocolate Pastries</li> <li>( Daal and Rice)</li> </ul>	<ul style="list-style-type: none"> <li>• Rajmah Masala</li> <li>• Aloo Jeera with Methi</li> <li>• Matar Kasundi</li> <li>• Rice and Chapati</li> <li>• Salad</li> <li>• Jalebi</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk, Cake Slice</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Rusks</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Roasted Peanut</li> </ul>

<u>Meals</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Morning Milk</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Biscuits</li> </ul>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Masala Oats</li> <li>• Sauté Tofu</li> <li>• Cheese Omelets /Daal Pakori</li> <li>• Bread, Butter, Jam and Sauce</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Masala Oats</li> <li>• Egg Bhurji/ Bread Roll with Soya</li> <li>• Toast, Butter, Jam and Sauce</li> <li>• Sprouts Chana Salad</li> <li>• Nutella sandwich</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>	<ul style="list-style-type: none"> <li>• Cornflakes with Milk</li> <li>• Chicken Nuggets and Boiled Eggs</li> <li>• Grilled Cheese Sandwich and Potato Bites</li> <li>• Brown Bread, Butter, Jam and Sauce</li> <li>• Fruit</li> <li>• Tea for Staff</li> </ul>
<b>Short Break</b>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Mutton Masala / Paneer Masala</li> <li>• Mix Daal</li> <li>• Meti Palak Matar</li> <li>• Curd and Salad</li> <li>• Rice and Roomali Roti</li> <li>• Gajjar Halwa</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Korma / Palak Paneer</li> <li>• Makhani Dal</li> <li>• Gajjar Matar</li> <li>• Butter Naan and Rice</li> <li>• Green Salad</li> <li>• Motichur</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Curry/ Paneer Soola masala</li> <li>• Daal Moong Chilka</li> <li>• Gobhi Matar</li> <li>• Rice and Chapati</li> <li>• Salad and Papad</li> <li>• Moong Daal Halwa</li> </ul>
<b>Evening Refreshment</b>	<ul style="list-style-type: none"> <li>• Bhelpuri</li> <li>• Complian Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Aloo Kachori</li> <li>• Choco Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Samosa</li> <li>• Bournivta Milk</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Aloo Chola</li> <li>• Mix Veg</li> <li>• Sev Tamatar</li> <li>• Rice and Chapati</li> <li>• Mix Green Salad</li> <li>• Gajjak</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Pulao</li> <li>• Yellow Daal Tadka</li> <li>• Aloo Matar Tamatar</li> <li>• Haldi Ki Subji and Papad</li> <li>• Laccha Pratha</li> <li>• Rewri</li> </ul>	<ul style="list-style-type: none"> <li>• Daal Arhar</li> <li>• Bhindi Pyaz</li> <li>• Aloo hara Chana</li> <li>• Jeera Pulao and Chapati</li> <li>• Salad</li> <li>• Sewian Kheer</li> </ul>
<b>Night Milk</b>	<ul style="list-style-type: none"> <li>• Milk, Bhujia</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, Moong Daal</li> </ul>

**Remarks:** 1. Extra Diet for those who are in the School Team for 20 days prior to the tournament and for 10 days during the Competitions or recommendation of Doctor.  
2. Fruits to be served as per availability.  
3. Gur to be served when suitable.

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**Mr. Manoj Kumar Pareek**  
**Bursar**