MESS FOR LESS

MESS FOR LESS

BASIC

NORTH INDIAN

Best Mess Service + Best Rate



1 MEAL	2 MEALS	3 MEALS
AED 200	AED 320	AED 400

BREAKFAST



Mon	–	Dhokla + Green Chutney + Sweet Chutney
Tue	–	Chicken Macaroni (Week 1) / Veg Macaroni + Raita (Week 2 & 4) / Egg Macaroni + Raita (Week 3)
Wed	–	Chapati + Black Chana
Thu	–	Pav + White Chana
Fri	–	Porotta + Aloo Bhaji
Sat	–	Chapati + Veg Korma

LUNCH



Mon	–	Rice + Dal Curry + Chicken Fry + Carrot Raita (Week 1 & 3) / Rice + Chicken Curry + Carrot Raita (Week 2 & 4)
Tue	–	Barik Rice + Mix Veg Curry + Raita + Aloo Jeera
Wed	–	Special Rice + Egg Tikka Masala + Tadka Raita
Thu	–	Barik Rice + Dal Gravy + Curd Cumin Raita + Egg Fry
Fri	–	Chicken Biryani (Week 1 & 2) / Malabar Chicken Dum Biryani (Week 3) / Ambcor Chicken Biryani + Carrot Cucumber Raita + Pickle + Sweets (Week 4)
Sat	–	Barik Rice + Soya Chukka + Mint Raita + Pickle

DINNER



Mon	–	Half Barik Rice + Roti + Dal Fry + Sausage Curry (Week 1 & 3) / Half Barik Rice + Roti + Dal Fry + Chicken Xacuti (Week 2 & 4)
Tue	–	Kulcha (1) + Half Barik Rice + Bhindi Masala + Chicken Hariyali (Week 1 & 3) / Bhatura (1) + Bhindi Masala + White Chana Curry (Week 2 & 4)
Wed	–	Half Barik Rice + Porota (1) + Egg Stew + Dal Fry (Week 1 & 3) / Half Barik Rice + Puri + Egg Korma + Dal Fry (Week 2 & 4)
Thu	–	Half Barik Rice + Chapati (2) + Veg Curry + Dal
Fri	–	Half Rice + Chapati (2) + Biriyani Curry + Moong Dal
Sat	–	Special Pulao + Gravy (Week 1) / Chicken Kabsa + Raita (Week 2) / Chicken Mandhi + Raita (Week 3) / Ghee Rice + Mushroom Curry + Vinegar Salad (Week 4)

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MESS FOR LESS

MESS FOR LESS

VEG NORTH INDIAN

— Best Mess Service + Best Rate —





1 Meal	2 Meals	3 Meals
AED 200	AED 320	AED 400

BREAKFAST

DAY	MENU
MON	Dhokla + Green Chutney + Sweet Chutney
TUE	Veg Macaroni + Veg Salna
WED	Chapati + Black Chana
THU	Pav + White Chana + Onion Chop + Lemon
FRI	Porotta + Aloo Bhaji
SAT	Chapati + Veg Korma

LUNCH

DAY	MENU
MON	Rice + Dal Curry + Gobi Fry + Pickle + Carrot Raita (Week 1 & 3)
TUE	Rice + Mushroom Curry + Pickle + Carrot Raita (Week 2 & 4)
WED	Barik Rice + Mix Veg Curry + Raita + Aloo Jeera
THU	Special Rice + Chole Tikka Masala + Raita
THU	Barik Rice + Dal Gravy + Curd + Ivy Gourd Fry
FRI	Veg Biryani + Carrot Cucumber Raita + Pickle + Sweets
SAT	Barik Rice + Soya Chukka + Mint Raita + Pickle

DINNER

DAY	MENU
MON	Half Barik Rice + Roti + Dal Fry + Green Peas Curry
TUE	Half Barik Rice + Kulcha (1) + Bhindi Masala + White Chana Curry (Week 1 & 3)
TUE	Half Barik Rice + Bhatura (1) + Bhindi Masala + White Chana Curry (Week 2 & 4)
WED	Half Barik Rice + Porotta (1) + Veg Korma + Dal Fry (Week 1 & 3)
THU	Half Barik Rice + Puff + Veg Korma + Dal Fry (Week 2 & 4)
FRI	Half Barik Rice + Chapati (2) + Subzi + Moong Dal
FRT	Veg Special Pulao + Gravy (Week 1 & 3)
SAT	Veg Makhuba + Salsa (Week 2 & 3)
SUN	Ghee Rice + Mushroom Curry + Vinegar Salad (Week 4)





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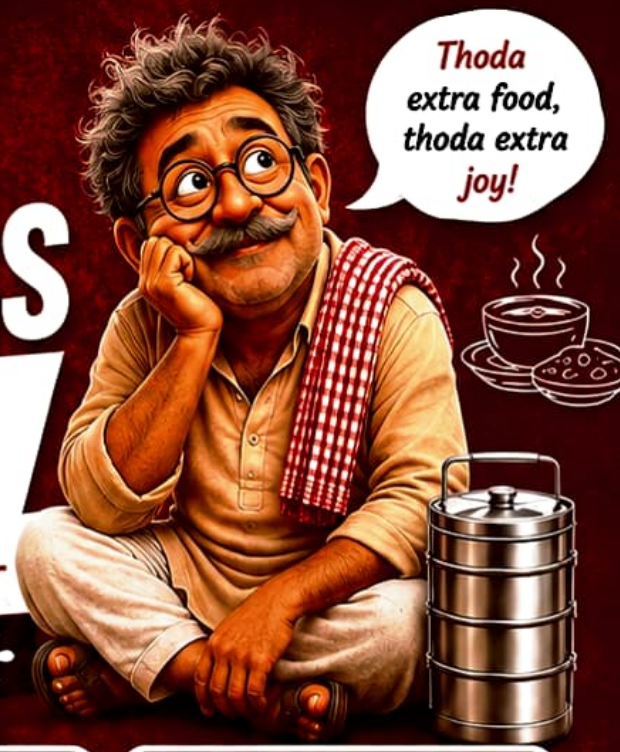
MESS FOR LESS

MESS FOR LESS

EXECUTIVE

— NORTH INDIAN —

– Best Mess Service + Best Rate –



1 MEAL	2 MEALS	3 MEALS
AED 260	AED 380	AED 460

BREAKFAST



Mon	—	Dhokla + Green Chutney + Sweet Chutney
Tue	—	Chicken Macaroni (Week 1) / Veg Macaroni + Salna (Week 2 & 4) + Egg Macaroni + Salna (Week 3)
Wed	—	Chapati + Black Chana
Thu	—	Pav + White Chana + Onion Chop + Lemon
Fri	—	Porotta + Aloo Bhaji + Boiled Egg
Sat	—	Chapati + Veg Korma

LUNCH



Mon	—	Rice + Dal Curry + Chicken Fry + Carrot + Pickle + Papad (Week 1 & 3) + Rice + Chicken Curry + Carrot + Raita + Pickle + Papad (Week 2 & 4)
Tue	—	Barik Rice + Mix Veg Curry + Raita + Aloo Jeera + Pickle
Wed	—	Special Rice + Egg Tikka Masala + Chicken Fry + Tadka Raita
Thu	—	Barik Rice + Dal Gravy + Curd + Cumin Raita + Egg Fry + Pickle
Fri	—	Chicken Biryani (Week 1 & 2) + Malabar Chicken Dum Biryani (Week 3) + Ambor Chicken Biryani + Carrot Cucumber + Pickle + Sweets (Week 4)
Sat	—	Barik Rice + Soya Chukka + Mint Raita + Pickle

DINNER



Mon	—	Half Barik Rice + Roti + Dal Fry + Sausage Curry (Week 1 & 3) + Half Barik Rice + Roti + Dal Fry + Chicken Xacuti (Week 2 & 4)
Tue	—	Kulcha (1) + Half Barik Rice + Bhindi Masala + Chicken Hariyali (Week 1 & 3) + Bhatura (1) + Bhindi Masala + White Chana Curry (Week 2 & 4)
Wed	—	Half Barik Rice + Porota (1) + Egg Stew + Dal Fry (Week 1 & 3) + Half Barik Rice + Puri + Egg Korma + Dal Fry (Week 2 & 4)
Thu	—	Half Barik Rice + Chapati (2) + Shahi Chicken Kofta + Veg Curry
Fri	—	Half Rice + Chapati (2) + Burji Curry + Moong Dal + Pickle
Sat	—	Special Pulao + Gravy (Week 1) + Chicken Kabsa + Salsa (Week 2) + Chicken Mandhi + Salsa (Week 3) + Ghee Rice + Mushroom Curry + Vinegar Salad (Week 4)

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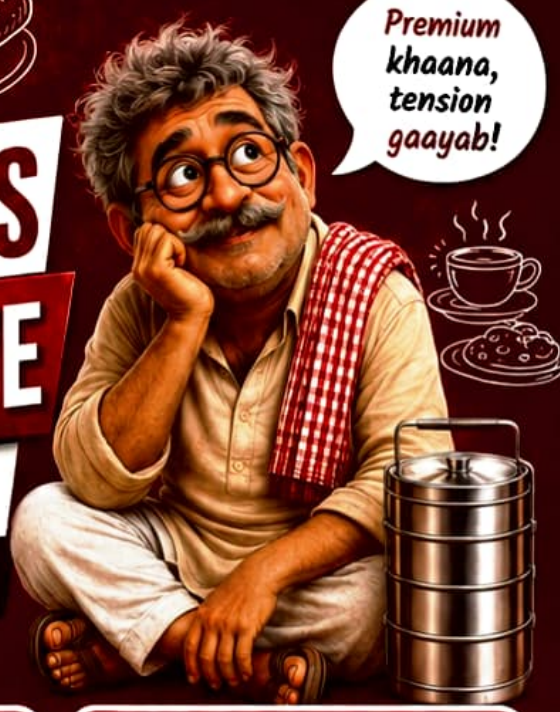
MESS FOR LESS

MESS FOR LESS

PREMIUM EXECUTIVE

— NORTH INDIAN —

– Best Mess Service + Best Rate



1 MEAL	2 MEALS	3 MEALS
AED 300	AED 420	AED 500

BREAKFAST



Mon	—	Uthappam + Chicken Salna + Chutney
Tue	—	Chicken Macaroni + Boiled Egg (Week 1) + Veg Macaroni + Salna + Boiled Egg (Week 2 & 4) + Egg Macaroni + Salna + Boiled Egg (Week 3)
Wed	—	Upma + White Peas + Boiled Egg (Week 1 & 3) / Semiya Upma + Boiled Egg (Week 2 & 4)
Thu	—	Idli + Chicken Salna + Chutney (Week 1 & 3) / Special Idli + Chicken Salna + Chutney (Week 2 & 4)
Fri	—	Puttu + White Chana + Boiled Egg
Sat	—	Dosa + Chicken Salna + Chutney (Week 1 & 3) / Masala Dosa + Sambar + Chutney (Week 2 & 4)

LUNCH



Mon	—	Rice + Moru Curry + Chicken Fry + Dal Fry + Upperi + Pickle + Papad (Week 1 & 3) / Rice + Chicken Curry + Dal Fry + Upperi + Pickle + Papad (Week 2 & 4)
Tue	—	Rice + Fish Chilli Curry + Fish Fry + Inji Moru + Upperi + Pickle + Papad
Wed	—	Special Rice + Egg Tikka Masala + Chicken Fry + Tadka Raita + Sweets
Thu	—	Rice + Sambar + Pachadi + Upperi + Fish Fry + Pickle + Papad
Fri	—	Chicken Biryani (Week 1) / Beef Biryani (Week 2) / Malabar Chicken Dum Biryani (Week 3) / Amboor Chicken Biryani + Boiled Egg + Carrot Cucumber Raita + Pickle + Sweets (Week 4)
Sat	—	Rice + Fish Coconut Curry + Fish Fry + Rasam + Upperi + Pickle

DINNER



Mon	—	Half Barik Rice + Porota (1) + Sausage Curry + Fish Curry (Week 1 & 3) / Half Barik Rice + Porota (1) + Sausage Curry + Chicken Xacuti (Week 2 & 4)
Tue	—	Half Barik Rice + Kulcha (1) + Chicken Hariyali + White Chana Curry (Week 1 & 3) / Half Barik Rice + Bhatura (1) + Chicken Hariyali + White Chana Curry (Week 2 & 4)
Wed	—	Kallappam (3) + Egg Stew + Salad (Week 1 & 3) / Puri + Egg Korma + Salad (Week 2 & 4)
Thu	—	Half Barik Rice + Chapati (2) + Shahi Chicken Kofta + Veg Curry
Fri	—	Kappa Biryani + Kachumber (Week 1 & 3) / Kothu Porotta + Salna (Week 2) / Puttu Biryani + Kachumber Raita (Week 4)
Sat	—	Special Pulao + Gravy (Week 1) / Chicken Kabsa + Salsa (Week 2) / Chicken Mandhi + Salsa (Week 3) / Ghee Rice + Beef Curry + Vinegar Salad (Week 4)

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