MESS FOR LESS

MESS FOR LESS

BASIC SOUTH INDIAN

— Best Mess Service + Best Rate —





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

BREAKFAST

DAY	MENU
MON	Uthappam + Sambar + Chutney
TUE	Chicken Macaroni (Week 1)
TUE	Veg Macaroni + Salna (Week 2 & 4)
WED	Egg Macaroni + Salna (Week 3)
WED	Upma + White Peas (Week 1 & 3)
WED	Semiya Upma (Week 2 & 4)
THU	Idli + Sambar + Chutney (Week 1 & 3)
THU	Special Idli + Sambar + Chutney (Week 2 & 4)
FRI	Puttu + White Chana
SAT	Dosa + Sambar + Chutney (Week 1 & 3)
SAT	Masala Dosa + Sambar + Chutney (Week 2 & 4)



LUNCH

DAY	MENU
MON	Rice + Moru Curry + Chicken Fry + Dal Fry (Week 1 & 3)
MON	Rice + Chicken Curry + Dal Fry (Week 2 & 4)
TUE	Rice + Fish Chilli Curry + Upperi + Pickle
WED	Special Rice + Egg Tikka Masala + Raita
THU	Rice + Sambar + Pachu Fish Fry
FRI	Chicken Biryani (Week 1 & 2)
FRI	Malabar Chicken Biryani (Week 3)
SAT	Ambor Chicken Biryani + Carrot Cucumber Raita + Pickle + Sweets (Week 4)
SAT	Rice + Fish Coconut Curry + Upperi + Pickle



DINNER

DAY	MENU
MON	Half Barik Rice + Porota (1) + Dal Fry + Fish Curry (Week 1 & 3)
MON	Half Barik Rice + Porota (1) + Dal Fry + Chicken Xacuti (Week 2 & 4)
TUE	Kulcha (1) + Half Barik Rice + Vendakka Masala + Chicken Hariyali (Week 1 & 3)
TUE	Bhatura (1) + Vendakka Masala + White Chana Curry (Week 2 & 4)
WED	Kallappam (3) + Egg Stew (Week 1 & 3)
WED	Puri + Egg Korma (Week 2 & 4)
THU	Half Barik Rice + Chapati (2) + Veg Curry + Dal
FRI	Kappa Biryani + Kadumber (Week 1 & 3)
FRI	Kothu Porotta + Salna (Week 2)
SAT	Puttu Biryani + Kadumber Raita (Week 4)
SAT	Special Pulao + Gravy (Week 1)
SAT	Chicken Kabsa + Salsa (Week 2)
SAT	Chicken Mandhi + Salsa (Week 3)
SAT	Ghee Rice + Beef Curry + Vinegar Salad (Week 4)





+971 56 205 6377



MESS FOR LESS

MESS FOR LESS VEG SOUTH INDIAN

Best Mess Service + Best Rate







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

BREAKFAST



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

LUNCH



Mon	–	Rice + Moru Curry + Dal Fry + Upperi (Week 1 & 3) / Rice + Veg Curry + Dal Fry + Upperi (Week 2 & 4)
Tue	–	Rice + Mix Veg Curry + Upperi + Inji Moru
Wed	–	Special Rice + Chole Tikka Masala + Tadka Raita
Thu	–	Rice + Pachadi + Raita + Upperi
Fri	–	Veg Biryani + Carrot Cucumber Raita + Pickle + Sweets
Sat	–	Rice + Soya Chukka + Upperi + Rasam

DINNER



Mon	–	Half Barik Rice + Porota (1) + Dal Fry + Green Peas Curry
Tue	–	Half Barik Rice + Kulcha (1) + Vendakka Masala + White Chana Curry (Week 1 & 3) / Half Barik Rice + Bhatura (1) + Vendakka Masala + White Chana Curry (Week 2 & 4)
Wed	–	Kallappam (3) + Veg Korma (Week 1 & 3) / Puri + Veg Korma (Week 2 & 4)
Thu	–	Half Barik Rice + Chapati (2) + Dal + Veg Curry
Fri	–	Veg Kappa Biryani + Kachumber (Week 1 & 3) / Veg Kothu Porotta + Salna (Week 2) / Veg Kappa Biryani + Gravy (Week 1 & 2 & Week 4)
Sat	–	Veg Special Pulao + Gravy (Week 1 & 3) / Veg Makluba + Salsa (Week 2 & 3) / Ghee Rice + Mushroom Curry + Vinegar Salad (Week 4)

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MESS FOR LESS

MESS FOR LESS EXECUTIVE

SOUTH INDIAN

Best Mess Service + Best Rate



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

BREAKFAST

Mon	Uthappam + Sambar + Chutney
Tue	Chicken Macaroni (Week 1) / Veg Macaroni + Salna (Week 2 & 4) / Egg Macaroni + Salna (Week 3)
Wed	Upma + White Peas + Boiled Egg (Week 1 & 3) / Semiya Upma + Boiled Egg (Week 2 & 4)
Thu	Idli + Sambar + Chutney (Week 1 & 3) / Special Idli + Sambar + Chutney (Week 2 & 4)
Fri	Puttu + White Chana
Sat	Dosa + Sambar + 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 + Inji Moru + Upperi + Pickle
Wed	Special Rice + Egg Tikka Masala + Chicken Fry + Tadka Raita
Thu	Rice + Sambar + Pachadi + Upperi + Fish Fry
Fri	Chicken Biryani (Week 1 & 2) + Malabar Chicken Dum Biryani (Week 3) + Amboor Chicken Biryani + Carrot Cucumber Raita + Pickle + Sweets (Week 4)
Sat	Rice + Fish Coconut Curry + Rasam + Upperi + Pickle

DINNER

Mon	Half Barik Rice + Porota (1) + Dal Fry + Fish Curry (Week 1 & 3) / Half Barik Rice + Porota (1) + Dal Fry + Chicken Xacuti (Week 2 & 4)
Tue	Kulcha (1) + Half Barik Rice + Vendakka Masala + Chicken Hariyali (Week 1 & 3) + Bhatura (1) + Vendakka Masala + White Chana Curry (Week 2 & 4)
Wed	Kallappam (3) + Egg Stew (Week 1 & 3) / Puri + Egg Korma (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 + Salas (Week 2) + Chicken Mandhi + Salsa (Week 3) / Ghee Rice + Beef Curry + Vinegar Salad (Week 4)

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MESS FOR LESS

MESS FOR LESS

PREMIUM EXECUTIVE

— SOUTH 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 Curry + Fish Fry + 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 + Porotta (1) + Sausage Curry + Fish Curry (Week 1 & 3) / Half Barik Rice + Porotta (1) + Sausage Curry + Chicken Kuzhmbu (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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