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| **SIHM HOSTEL MENU FOR FOOD DETAIL 2022-23** |

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| **S.N** | **Meal** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**  | **Sunday** |
| **1.** | **Morning Tea** |  Milk Tea  |  Milk Tea  |  Milk Tea  |  Milk Tea  |  Milk Tea  |  Milk Tea  |  Milk Tea  |
|  | **Cost in Rupees** | Rs.5.00 | Rs.5.00 | Rs.5.00 | Rs.5.00 | Rs.5.00 | Rs.5.00 | Rs.5.00 |
| **2.** | **Break Fast** | Aloo PranthaPickle, Curd | Suji Halwa Black Chana  | Bun & Omelette  | Aloo PranthaPickle, Curd | Upma/Vegetable Pasta  | Plain Prantha with Pickle, Curd | Chole bhature, Curd |
|  | **Cost in Rupees** | Rs. 26.00 | Rs.26.00 | Rs.28.00 | Rs.26.00 | Rs.26.00 | Rs.24.00 | Rs.34.00 |
| **3.** | **Lunch** | St.RiceYellow Dal, Mix Raita  | St.RiceKadi Pakoda Laccha Onion | Jeera Rice,Rajma Masala,Mix Raita | St.RiceLobia dal Laccha Onion | St.RiceChanaDal, Mix Raita | Jeera Rice,Dal Tadka , Laccha Onion | Jeera Rice,Rajma Masala,Mix Raita |
|  | **Cost in Rupees** | Rs. 31.00 | Rs.28.00 | Rs. 34.00 | Rs. 30.00 | Rs. 31.00 | Rs. 32.00 | Rs.34.00 |
| **4.** | **Evening Tea** | Tea Biscuit | Tea Biscuit | Tea Biscuit | Tea Biscuit | Tea Biscuit | Tea Biscuit | Tea Biscuit |
|  | **Cost in Rupees** | Rs.8.00 | Rs.8.00 | Rs.8.00 | Rs.8.00 | Rs.8.00 | Rs.8.00 | Rs.8.00 |
| **5.** | **Dinner** | Dal Tadka, Mixveg Chapatis, Green Salad | Matar paneer, ChapatisGreen Salad | Egg curry Chapatis, Green Salad |  Seasonal vegetable, YellowdalChapatis, Green Salad | Vegetable manchurinChapatis, Green Salad  | Chicken Curry, Chapatis, Green Salad | Dal Tadka Soybeen aloo Chapatis,Green Salad |
|  | **Cost in Rupees** | Rs. 34.00 | Rs. 40.00 | Rs. 32.00 | Rs. 34.00 | Rs. 26.00 | Rs. 40.00 | Rs. 32.00 |
|  | **Total Food Amount Per Day Cost** | Rs. 104.00 | Rs. 107.00 | Rs. 107.00 | Rs. 103.00 | Rs. 96.00 | Rs. 109.00 | Rs.113 .00 |
| **Other Expenditure Amount/Day** | Rs.18.00 | Rs 18.00 | Rs 18.00 | Rs.18.00 | Rs.18.00 | Rs.18.00 | Rs.18.00 |
|  |  | Rs.122.00 | Rs.125.00 | Rs.125.00 | Rs.121.00 | Rs.114.00 | Rs.127.00 | Rs.131.00 |

Average Cost for Per Student a Day =123.57/- Rupees Daily

Cost for Per Student Monthly = 123.57X30=3707.01/- Rupees Only