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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 Prantha  Pickle, Curd | Suji Halwa Black Chana | Bun & Omelette | Aloo Prantha  Pickle, 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.Rice  Yellow Dal,  Mix Raita | St.Rice  Kadi Pakoda Laccha Onion | Jeera Rice,Rajma Masala,  Mix Raita | St.Rice  Lobia dal Laccha Onion | St.Rice  ChanaDal, 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, Chapatis  Green 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