

HOMI BHABHA CENTRE FOR SCIENCE EDUCATION

TATA INSTITUTE OF FUNDAMENTAL RESEARCH

Canteen Menu November 16-30, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16/11/2025	17/11/2025	18/11/2025	19/11/2025	20/11/2025	21/11/2025	22/11/2025	23/11/2025	24/11/2025	25/11/2025	26/11/2025	27/11/2025	28/11/2025

BREAKFAST

Upma	Puri Bhaji	Vada Sambar	Misal Pav	Veg Upma	All Dosa	Puri Bhaji	Poha	Tomato Omlet	Set Dosa	Misal Pav	Idli Sambar	All Dosa
-	Poha	Paratha	Sev Upma	Sabudana Khichdi	-	-	-	Sheera	Sevai Upma	Veg Upma	Sabudana Khichdi	-
-	-	-	Boiled Eggs	-	Boiled Eggs	-	-	-	-	Boiled Eggs	-	Boiled Eggs

LUNCH

Matki Usal	Mix Veg	Malai Kofta	Punjabi Chole	Veg Kolhapuri	Chawli Masala	Rajma Masala	Chana Masala	Aloo Mutter	Sprouted Moong Masala	Veg Korma	Veg Handi	Paneer Masala
-	Soyabean Chilli	Bharli Vangi	Aloo Shimla	Bhindi Do Pyaza	Aloo Gobi	-	-	Tendli Chana Dry	Aloo Jeera	Besan Capsicum	Aloo Mutter Dry	Tendli Chana Dry
Dal Fry	Dal Adraki	Dal Palak	Dal Tadka	Dal Fry	Dal Adraki	Dal Lasooni	Dal Fry	Dal Tadka	Dal Adraki	Dal Fry	Dal Tadka	Dal Makhani
-	-	-	Chicken Biryani	-	Chicken Sukha	-	-	-	-	Chicken Gravy	-	Chicken Biryani

SNACKS

-	Ragi Dosa	Vada Pav	Sev Puri	Dhokla	Samosa	-	-	Ragada Pattice	Dabeli	Moong Dal Kachori	Sev Puri	Dhokla
-	Sev Puri	Dal Vada	White Pasta	Masala Poha	Chinese Bhel	-	-	Bhel	Dahi Vada	Mysore Bonda	Hara Bhara Kabab	Sweet Kachori
-	-	Corn Chaat	Chana Chaat	-	-	Sprout Chaat	-	-	Chana Chaat	-	Corn Chaat	Sprout Chaat

DINNER

Aloo Gobi	Moong Masala	Methi Malai Mutter	Corn Capsicum Masala	Aloo Shimla	Black Chana Dry	Aloo Bhindi	Matki Ussal	Soyabean Masala	Chawli Dry	Aloo Jeera	Tendli Dry	Aloo Gobi
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OMELETTE , BOILED EGGS, MAGGI, CORNFLAKES MILK WILL BE SERVED ON DEMAND. TEA/COFFEE IS COMMON ITEM ON ALL DAYS

NOTE : Please note that due to ongoing internal program schedules, the above-mentioned menu is subject to change temporarily.

SATURDAY	SUNDAY
29/11/2025	30/11/2025
Poha	Sev Upma
-	-
-	-
Veg Kofta	Aloo Gobi
-	-
Dal Fry	Dal Adraki
-	-
-	-
-	-
-	-
Aloo Mutter	Rajma Masala
5.	