



## Interventions to Prevent and Alleviate Student Hunger at JSS AHER

At **JSS Academy of Higher Education & Research (JSS AHER)**, we are dedicated to preventing and alleviating hunger among our students through a comprehensive range of effective interventions. Our commitment encompasses various strategies to ensure that all students have access to nutritious food and that financial barriers do not impede their well-being.

### 1. Meal Program Records

- Monthly or yearly hostel mess/food service records showing daily meals served is attached
- Menus and nutritional plans demonstrating balanced, wholesome meals are attached.

Documentation of **subsidized meal costs** for students is as below:

### Monthly Average Cost of Daily Meals per Student Across Hostels at JSS AHER (2024–2025)”

#### Nutritional Variety and Affordability

The daily meal schedule at JSS AHER includes breakfast, lunch, evening snacks, and dinner, with an average cost per student of approximately **INR 132.14** per day for the academic year **2024–2025**, compared to **INR 154.55** per day in **2023–2024**. This reduction in cost demonstrates the institution’s commitment to making nutritious meals more affordable for students without compromising on quality. The menu continues to provide a diverse range of dishes from different Indian cuisines, ensuring that meals are both balanced and flavourful, thereby supporting students’ health, well-being, and overall academic performance.

**Breakfast** options include popular items like idli, masala dosa, akki roti, and pongal, accompanied by nutritious sides like chutney and sambar. Additionally, there are options like peanut butter and cornflakes to ensure a balanced start to the day.

**Lunch** is thoughtfully prepared, featuring combinations like methi chapati, rajma, seasoned rice, and dals, ensuring a mix of proteins, carbohydrates, and vegetables.

**Evening Snacks** range from paneer patties and palak pakoda to plum cake, adding variety and catering to students' tastes while providing energy for the day.

**Dinner** includes hearty meals like chapati with dal makhani, ragi balls with sambar, and paneer paratha, balanced with rice varieties and vegetables.

Sl.no	Month	JSSM C Boys Hostel	JSSM C Girls Hostel	JSSCP M Boys Hostel	JSSCP M Girls Hostel	JSSCP O Girls Hostel	JSSCP O Boys Hostel	Total	Average Mess Cost Per Day / per student (i.e Bed Coffee,Breakfast, Lunch, snacks with tea and dinner)
1	Jun'24	137	118	121	89	171	160	796.0	132.7
2	Jul'24	150	129	123	82	159	167	810.0	135.0
3	Aug'24	155	124	107	89	150	157	782.0	130.3
4	Sep'24	165	137	118	91	145	156	812.0	135.3
5	Oct'24	154	127	108	80	145	160	774.0	129.0
6	Nov'24	143	124	114	91	150	161	783.0	130.5
7	Dec'24	148	123	116	92	157	170	806.0	134.3
8	Jan'25	147	124	132	82	157	170	812.0	135.3
9	Feb'25	136	114	110	95	156	157	768.0	128.0
10	Mar'25	149	119	106	92	150	153	769.0	128.2
11	Apr'25	140	114	105	96	143	157	755.0	125.8



12	May'25	141	119	121	105	175	190	851.0	141.8
13	Jun'25	120	121	119	96	156	177	789.0	131.5
<b>TOTAL</b>		<b>145</b>	<b>122</b>	<b>115</b>	<b>90</b>	<b>154</b>	<b>164</b>	<b>792</b>	<b>132</b>

### **Nutritious and Affordable Food in Hostels**

- We provide hostel facilities on campus that offer **nutritious meals at affordable prices**. This ensures that all resident students have access to healthy food options without financial strain. The meals served in the hostel are of high quality, designed to meet students' nutritional needs, and contribute to their overall well-being.

### **Affordable Canteen Services**

- For students who do not stay in the hostel, our campus canteen offers a convenient alternative. The canteen provides a variety of nutritious meals and snacks at concessional rates, making it an accessible option for all students and staff. The canteen menu is designed to offer balanced meals that cater to diverse dietary preferences and requirements, ensuring everyone can find healthy options.

### **Concessional Rates**

- Both the hostel and canteen services are priced significantly lower than equivalent meals outside the campus. This makes it feasible for students and staff to enjoy nutritious meals without worrying about high costs. By offering concessional rates, we aim to ensure that financial barriers do not prevent anyone from accessing the food they need.

### **Free Meals for Staff**

- All kitchen, mess, and hostel staff are provided food free of cost, ensuring that those who serve our community also have access to nutritious meals.

### **Support for Off-Campus Staff**

- JSSAHER Food Court Services are provided at a discount/concessional rate to staff, even though many reside at considerable distances and carry food along with them.

### **Dedicated Kitchen and Mess Facilities**

- JSS AHER has an exclusive kitchen and mess blocks for students, with dedicated staff responsible for cooking and serving food promptly according to the food menu. Students are encouraged not to waste food, and any excess food left over at hostels and food courts is served to needy individuals outside the campus or is given to piggeries.

## **Food Hygiene and Good Practices**

1. The **Department of Nutrition and Dietetics** of JSSAHER ensures food hygiene and good food practices in our hostels and food court through regular checks and staff orientation.
2. The department operates an **international standard food lab** that analyzes the nutrient values of various food varieties and moderates offerings based on requirements.
3. Plans are in place to monitor the health status of all residents, guiding them in maintaining fitness and encouraging balanced diets.
4. The department also provides training programs for **Anganwadi workers**, community-based front-line workers crucial in promoting child growth and development while supporting community activities.
5. The department advises and orients students about dietary do's and don'ts by organizing workshops and programs for both students and the public.

## **Commitment to Food Safety**

- JSS AHER provides vegetarian and hygienic food, ensuring good food practices and maintaining FSSAI registration under the FSSAI Act 2006 rules and regulations.

## **Orientation and Awareness for Students**

- During the Induction/Orientation program, students are informed about all available facilities on campus, including hostel and food court options. Students from medical, dental, pharmacy, and life sciences colleges maintain their independent hostel facilities, where they are provided decent accommodation and hygienic mess facilities. Students are given the opportunity to decide the menu of the hostel, with hot, tasty, hygienic, and nutritious food served daily, including three meals (breakfast, lunch, and dinner), two to three beverages, and an evening snack. The menu includes various Indian cuisine and all food groups.

## **Food Courts and Kiosks for Day Scholars**

- For day scholars (students who do not reside in hostels), food court and kiosk facilities are available on the main campus for medical, dental, life sciences, and HSMS. Additional food courts are located at the pharmacy college campuses in Mysuru and Ooty, and in the main hospital, canteen facilities and multiple kiosks cater to the needs of patients, attendants, staff, and students. The food court operates during college hours (8:30 am to 6:00 pm), providing a wide range of vegetarian food options. The food provided at food courts, kiosks, and mess facilities is cost-effective and affordable for students, especially during breakfast, lunch, and evening snack times.

## **Ongoing Staff Training**

- Regular orientations and hands-on training sessions are conducted for mess supervisors, cooking staff, and additional personnel to ensure high standards of food service.

## **Conclusion**

Through these multifaceted interventions, JSS AHER is committed to preventing and alleviating hunger among our students and staff. By providing nutritious, affordable food options, supporting community outreach programs, and actively engaging with the local community, we strive to promote health and well-being across our campus.

**JSS MEDICAL COLLEGE GIRLS HOSTEL FOR THE MONTH OF MARCH-2020**  
**(‘D’ BLOCK MENU)**

**BREAKFAST** menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value					
	Maggie	Sauce	Upma	Kesari Bath	Sweet Bread	Jam
<b>Energy</b>	437.00Kcal	112 Kcal	108.4Kcal	427.0Kcal	124Kcal	278Kcal
<b>Protein</b>	10.40g	1.95g	3.12g	6.0g	22.48g	0.4g
<b>Carbohydrate</b>	63.50g	11.27g	16.57g	85.0g	0.0g	69g
<b>Total Fat</b>	15.70g	2.38g	3.03g	7.0g	3.08g	0.1g
<b>Total Dietary Fiber</b>	3.90g	0.4mg	3.06g	1.40g	0.0g	1.1g
<b>Total Free Sugars</b>	3.40g	8.8g	1.07g	40.0g	0.0g	49g
<b>Sodium</b>	1232.20mg	481mg	4.11mg	290.0mg	381mg	32mg
<b>Calcium</b>	153.50mg	27mg	14.9mg	8.6mg	4mg	20.00mg
<b>Iron</b>	3.70mg	0.85mg	0.87mg	0.9mg	1.23mg	0.49mg

Nutrient Name	Nutritive Value		
	Coffee (100ml)	Tea (100ml)	Milk (100ml)
<b>Energy</b>	17 kcal	17 Kcal	62 Kcal
<b>Protein</b>	0.18g	0.52g	3.32g
<b>Carbohydrate</b>	4.04g	2.8g	4.66g
<b>Total Fat</b>	0.08g	0.46g	3.35g
<b>Total Dietary Fiber</b>	0g	0g	0g
<b>Total Free Sugars</b>	3.7g	2.72g	5.42g
<b>Sodium</b>	3mg	8mg	41mg
<b>Calcium</b>	6mg	18mg	117mg
<b>Iron</b>	0.04mg	0.01mg	0.03mg

Nutrient Name	Nutritive Value						
	Masala Dosa	Sambar	Chutney	Poori	Aloo curry	Poha	Tomato curry
<b>Energy</b>	239.84kcal	63.61Kcal	837.67Kcal	296kcal	96Kcal	409.0kcal	18Kcal
<b>Protein</b>	7.70g	3.15g	3.61g	7.54g	2.34g	7.6g	1g
<b>Carbohydrate</b>	49.4g	10.38g	7.01g	46.73g	17.52g	70.0g	4g
<b>Total Fat</b>	0.59g	0.85g	17.58g	9.43g	2.89g	10.9g	0.01g
<b>Total Dietary Fiber</b>	4.18g	1.96g	5.61g	4.7g	3.6g	2.5g	0.7g
<b>Total Free Sugars</b>	0.48g	1.76g	2.51g	0.21g	1.28g	2g	2.5g
<b>Sodium</b>	4.73mg	6.96mg	5.31mg	685mg	440mg	1470mg	11mg
<b>Calcium</b>	13.48mg	19.41mg	12.66mg	17mg	61mg	9mg	11.00mg
<b>Iron</b>	1.12mg	0.89mg	1.19mg	2.68mg	3.59mg	1.00mg	0.68mg

Nutrient Name	Nutritive Value							
	Rava Idli	Akki Roti	Toast bread	Butter (1tbsp)	Curd	Aloo paratha	Idli	Vada
<b>Energy</b>	404.0kcal	196Kcal	293Kcal	293Kcal	59.0Kcal	264kcal	133.1kcal	133.1kcal
<b>Protein</b>	10g	2.4g	9g	9g	3.80g	4.75g	4.07g	4.07g
<b>Carbohydrate</b>	73g	32g	54.4g	54.4g	4.30g	38.17g	27.69g	27.69g
<b>Total Fat</b>	8.0g	5.2g	4g	4g	3.0g	10.76g	0.30g	0.30g
<b>Total Dietary Fiber</b>	4.25g	1.0g	2.5g	2.5g	0g	3.3g	2.14g	2.14g
<b>Total Free Sugars</b>	5.7g	0.g	4.74g	4.74g	1.3g	4.63g	0.6g	0.6g
<b>Sodium</b>	860.0mg	196mg	5.92mg	5.92mg	371mg	477mg	2.38mg	2.38mg
<b>Calcium</b>	29.8mg	39.6mg	119mg	119mg	137mg	30mg	6.77mg	6.77mg
<b>Iron</b>	1mg	0.2mg	3.33mg	3.33mg	0.2mg	2.65mg	0.56mg	0.56mg

**LUNCH** menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value						
	Chapati	Meal maker curry	Beetroot Palya	Dal	Rice	Rasam	Buttermilk
<b>Energy</b>	170Kcal	337Kcal	104.71Kcal	68.00Kcal	351.91Kcal	42.56Kcal	62Kcal
<b>Protein</b>	5.84g	49g	2.83g	3.40g	7.81g	1.73g	3.2g
<b>Carbohydrate</b>	32.5g	36g	7.62g	8.12g	76.8g	5.10g	4.9g
<b>Total Fat</b>	1.55g	2.4g	6.80g	1.67g	0.55g	1.13g	3.3g
<b>Total Dietary Fiber</b>	1.2g	12g	4.90g	1.90g	3.74g	1.35g	0g
<b>Total Free Sugars</b>	0.65g	8g	5.04g	1.01g	0.67g	1.81g	4.9g
<b>Sodium</b>	138mg	3mg	68.72mg	4.77mg	3.16mg	4.35mg	105mg
<b>Calcium</b>	21mg	244.0mg	23.06mg	17.15mg	8.11mg	17.97mg	115.00mg
<b>Iron</b>	2.03mg	13.70mg	1.09mg	0.92mg	0.72mg	0.72mg	0.03mg

Nutrient Name	Nutritive Value						
	Mushroom curry	Cabbage Palya	Rajmah curry	Carrot Palya	Beans Palya	Moong Curry	Chole bature
<b>Energy</b>	56kcal	73.37Kcal	60.68Kcal	61Kcal	107.44Kcal	57.48Kcal	427Kcal
<b>Protein</b>	3.12g	1.95g	2.95g	1.1g	2.73g	3.19g	10.8g
<b>Carbohydrate</b>	5.1g	6.19g	6.54g	6.5g	2.89g	6.02g	50.3g
<b>Total Fat</b>	0.22g	3.02g	1.53g	3.9g	8.88g	1.37g	20.1g
<b>Total Dietary Fiber</b>	2.1g	3.29g	2.98g	1.6g	5.31g	1.76g	12g
<b>Total Free Sugars</b>	3.5g	1.06g	1.18g	3.1g	1.78g	0.82g	9.2g
<b>Sodium</b>	103.9mg	14.97mg	3.99mg	317mg	9.13mg	3.78mg	16.2mg
<b>Calcium</b>	3mg	51.6mg	24.84mg	33mg	50.98mg	11.53mg	118mg
<b>Iron</b>	0.5mg	0.73mg	1.17mg	0.30mg	1.23mg	0.72mg	2.8mg

Nutrient Name	Nutritive Value			
	Heerekayi Palya	Huruli Palya	Pulao	Raita
<b>Energy</b>	13.15kcal	329.90Kcal	110.53Kcal	58Kcal
<b>Protein</b>	0.91g	21.73g	2.7g	3g
<b>Carbohydrate</b>	1.40g	48.31	20.07g	5g
<b>Total Fat</b>	0.14g	0.62g	1.33g	7.21g
<b>Total Dietary Fiber</b>	1.81g	7.88g	1.99g	0.5g
<b>Total Free Sugars</b>	0.62g	0.35g	1.19g	5.09g
<b>Sodium</b>	4.71mg	12.14mg	6.34mg	372mg
<b>Calcium</b>	13.70mg	269.00mg	13.3mg	85.7mg
<b>Iron</b>	0.42mg	8.76mg	0.45mg	0.4mg

**DINNER** menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value							
	Paneer curry	Tonde Kayi Playa	Aloo fry	Ghee rice	Kurma	Gobi	Fried Rice	Rumali roti
<b>Energy</b>	121.49kcal	18Kcal	150Kcal	188.0Kcal	109.47Kcal	164.0Kcal	163Kcal	79Kcal
<b>Protein</b>	6.37g	1.57g	2g	3g	2.7g	6.1g	4.7g	2.6g
<b>Carbohydrate</b>	3.32g	3.55g	22g	19.99g	13.2g	31.8g	31g	14.2g
<b>Total Fat</b>	9.13g	0.23g	10.1g	10.65g	6g	2.7g	2.3g	1g
<b>Total Dietary Fiber</b>	0.89g	0.9g	1.1g	0.67g	3.9g	5.6g	1.1g	0.1g
<b>Total Free Sugars</b>	1.0g	0.43g	0.3g	0.9g	1g	1.4g	0.4g	0g
<b>Sodium</b>	2.07mg	5mg	7.9mg	0.6mg	12mg	418mg	396mg	4.2mg
<b>Calcium</b>	207.63mg	30.3mg	9.8mg	11.3mg	50.98mg	28.4mg	19mg	32.2mg
<b>Iron</b>	0.93mg	0.6mg	0.3mg	0.4mg	1.12mg	1.9mg	1.39mg	0.5mg

Nutrient Name	Nutritive Value							
	Pav Bhaji	Jalebi	Gulap Jamun	Papad	Papaya	Banana	Watermelon	Orange
<b>Energy</b>	400kcal	300Kcal	410.0Kcal	371Kcal	43Kcal	89Kcal	30Kcal	97Kcal
<b>Protein</b>	9.4g	4.19g	6.58g	26g	0.5g	1.1g	0.6g	0.9g
<b>Carbohydrate</b>	57.9g	62.36g	68.1g	60g	11g	23g	7.6g	13g
<b>Total Fat</b>	14.5g	4.31g	0.40g	3.3g	0.3g	0.3g	0.2g	0.2g
<b>Total Dietary Fiber</b>	4.5g	1g	12.36g	19g	1.7g	2.6g	0.4g	2.2g
<b>Total Free Sugars</b>	1.7g	42.77g	52.01g	0g	7.8g	12g	6.2g	8.5g
<b>Sodium</b>	170.5mg	146mg	110mg	1745mg	8mg	1mg	1mg	1mg
<b>Calcium</b>	70.2mg	131mg	221mg	143.00mg	20.00mg	5.00mg	7.00mg	43.00mg
<b>Iron</b>	2.2mg	0.72mg	0.37mg	7.80mg	0.25mg	0.26mg	0.24mg	0.13mg

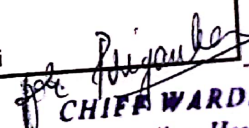


JSS MEDICAL COLLEGE GIRLS HOSTEL MENU LIST (D- BLOCK 1.06.2024 TO 15.06.2024)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Coffee, Tea & Milk Choco, Bread, Jam, Butter Fruits Aloo Puri, Aloo jeera curry	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Palak Paneer, Butter Milk Beans Palya, Red Boiled Rice Raddish Sambar	Coffee, Tea & Milk Fruit Salad with Ice cream	Rice, Rasam, Dal, Curd Lemon Rice, Curd Rice Puliyogre, Curd Rice Sweet- Mothichur Laddu Milk
Tuesday	Coffee, Tea & Milk Cornflakes, Bread, Jam, butter Fruits Toast Bread, Sandwich Poha, tomato curry	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk, Rajma Curry Aloo Gobi Matar Dry, Red Boiled Rice Drum stick Sambar	Coffee, Tea & Milk Paneer Roll / Kachori	Rice, Rasam, Dal, Curd Rava Dosa+ Tamoto chutney  Badam Milk
Wednesday	Coffee, Tea & Milk Choco, Bread, Jam, Butter Fruits	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk, Kadhi Pakoda Beetroot Palya, Thondakai Sambar Red Boiled Rice, JEERA RICE	Coffee, Tea & Milk Honey Cake/ Cream Cake	Rice, Rasam, Dal, Curd, Chapati Potato Paneer butter Masala Chapparadavare Sambar Ice Cream Milk
	Akki Roti, Chutney			
Thursday	Coffee, Tea & Milk Cornflakes, Bread, Jam, butter Fruits Dosa, Chutney, Sambar	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Butter Milk Carrot Palya/ Bitter Gourd Fry Red Boiled Rice, Veg Kofta Carrot & Beans Sambar	Coffee, Tea & Milk  Maggi	Rice, Rasam, Dal, Curd, Chapathi Chapati, Bhindi Dry, Ragi Ball Kaal Sambar Milk Sweet- Jamun
Friday	Coffee, Tea & Milk Chocos, Bread, Jam, Butter Fruits Upma, kesare bath	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk, Paneer Burji Cabbage palya, Red Boiled Rice Soppina Sambar, Nandini Peda	Coffee, Tea & Milk Sweet Corn	Rice, Rasam, Dal, Curd, Ghee Rice, Kurma  Sweet : shavige payasa Milk
Saturday	Coffee, Tea & Milk Cornflakes, Bread, Jam, Butter Fruits Rava Idli, tomato Curry Chutney	Rice, Rasam, Dal, Curd Veg salad Choli Batura, Butter Milk Molake Kaal / Hors gram sambar Red Boiled Rice	Coffee, Tea & Milk Masala Puri / Golgappa	Rice, Rasam, Dal, Curd Aloo Fry, Chapati Mangluru soute Sambar Sweet :- Rasmalai Milk
Sunday	Coffee, Tea & Milk Chocos, Bread, Jam, Butter Fruits Aloo Paratha, Chutney	Rice, Rasam, Dal, Curd, Papad Veg Pulao/ Vangibath, Raita, Papad Red Boiled Rice- Nandini Masala Butter Milk/ Mango Lassi	Coffee, Tea & Milk Samosa / Chips	Rice, Rasam, Dal, Curd, Pav Bhaji, Sambar  Milk Ice Cream

CHIEF WARDEN



JSS MEDICAL COLLEGE GIRLS HOSTEL MENU LIST (D- BLOCK 16.06.2024 TO 30.06.2024)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Coffee, Tea & Milk Cornflakes, Bread, Jam, butter Fruits Toast Bread, Poha, tomato curry	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Rajma Curry, Butter Milk Beans Palya, Red Boiled Rice Molake Kaal / Hors gram sambar	Coffee, Tea & Milk Veg Puff Paneer Puff	Rice, Rasam, Dal, Curd Dosa, Aloo Palya, Chutney  Sweet- Milk
Tuesday	Coffee, Tea & Milk Chocos, Bread, Jam, Butter Fruits Idli, Vada, Chutney, Sambar	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk, Aloo Gobi Matar Dry Thondakai Sambar, Kadhi Pakoda Red Boiled Rice,	Coffee, Tea & Milk  Kachori	Rice, Rasam, Dal, Curd Aloo Paratha, Chutney Mangluru soute Sambar Ice Cream :
Wednesday	Coffee, Tea & Milk Cornflakes, Bread, Jam, Butter Fruits Pongal/Poha+ Sandwich+ Toast Bread	Rice, Rasam, Dal, Curd, Chapathi Cucumber, Carrot, Beetroot Butter Milk, Moong & Soppu Palya Drum Stick Sambar Black Chana Curry	Coffee, Tea & Milk Maggi	Rice, Rasam, Dal, Curd, Chapati Bhindi Dry, Ragi Balls Kaal Sambar Sweet: Jamun Milk
Thursday	Coffee, Tea & Milk Chocoss, Bread, Jam, butter Fruits Upma, Pinepple kesare bath	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Butter Milk Heerekayi palya, Dal Makkni Red Boiled Rice Carrot & Beans Sambar	Coffee, Tea & Milk Fruit Salad with Ice cream	Rice, Rasam, Dal, Curd, Chapathi Lemon Rice, Curd Rice Puliyogre, Curd Rice Milk Sweet : Mysore Pak
Friday	Coffee, Tea & Milk Cornflaks, Bread, Jam, Butter Fruits Uttapam, Sambar, Chutney Dosa/ with sabji	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk, Paneer Burji Red Boiled Rice, Beetroot Palya, Soppina Sambar,	Coffee, Tea & Milk  Golgappa	Rice, Rasam, Dal, Curd, Noodles, soues, Gobi Manchurian Pasta, Soues Sweet : Rasgulla Milk
Saturday	Coffee, Tea & Milk Chocoss, Bread, Jam, Butter Fruits Akki Roti, Chutney	Rice, Rasam, Dal, Curd Veg salad, Red Boiled Rice Choli Batura, Butter Milk Raddish Sambar	Coffee, Tea & Milk  Brownie	Rice, Rasam, Dal, Curd Tomato Bath, Raita  Ice Cream: Butter Scotch Milk
Sunday	Coffee, Tea & Milk Cornflaks, Bread, Jam, Butter Fruits Puri, Aloo jeera curry	Rice, Rasam, Dal, Curd, Papad Veg Pulao, Raita, Papad Red Boiled Rice	Coffee, Tea & Milk  Hide & Seek Biscuit	Rice, Rasam, Dal, Curd, Parota, Palak Paneer  Milk Sweet : Jalabi

  
**CHIEF WARDEN**  
 J.S.S Medical College Hostels (Wardens)  
 MYSORE 570 015



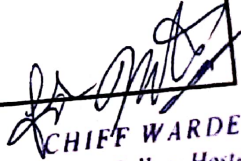


JSS MEDICAL COLLEGE GIRLS HOSTEL (MENU 01.07.2024 TO 15.07.2024)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Coffee, Tea & Milk Choco, Bread, Jam, Butter Fruits Idli, Vada, Chutney, Sambar	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Paneer Burji , Beans Palya, Drum stick Sambar	Coffee, Tea & Milk Cream Bun	Rice, Rasam, Dal, Curd Jeera Rice + Peas Kurma  Sweet-Shavige Paysa Milk
Tuesday	Coffee, Tea & Milk Cornflakes,Bread, Jam, butter Fruits Tost Breed Sandwich, Poha,tomato curry	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk, Rajma Curry Caroot Palya, Red Boiled Rice Radish Sambar	Coffee, Tea & Milk  Maggi	Rice, Rasam, Dal, Curd Chapati , Dal Makhni Ladies finger Sambar Milk Sweet: Rasgulla / Rasmalai
Wednesday	Coffee, Tea & Milk Choco, Bread, Jam, Butter Fruits Puri , Channa Masala	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk , Cabbage Palya Brinjal Curry , Carrot&Beans Sambar Red Boiled Rice	Coffee, Tea & Milk  Pakoda + Tomato ketup Bread bhaji	Rice, Rasam, Dal, Curd Puliyogre , Curd Rice  Ice Cream:Mango / Chocochip Milk
Thursday	Coffee, Tea & Milk Cornflakes,Bread, Jam, butter Fruits Vermicelli, Chutney	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk / Soya Beans Curry Red Boiled Rice , Beet root Palya Soppina Sambar,	Coffee, Tea & Milk  Carrot Halwa with Ice cream	Rice, Rasam, Dal, Curd, Parota + Chili Panner (Spicy) Chapparadavare Sambar Sweet: Milk Peda Milk
Friday	Coffee, Tea & Milk Chocos, Bread, Jam, Butter Fruits Rava Idli, tomato Curry Chutney	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk , Kadhi Pakoda Curry Red Boiled Rice, Aloo Gobi Matar Dry Mangloor Soutekai Sambar	Coffee, Tea & Milk  Paneer Puff	Rice, Rasam, Dal, Curd, Rava Dosa + Tamato Chutney  Cold Badam Milk
Saturday	Coffee, Tea & Milk Cornflakes, Jam, Butter Fruits- Tost Breed Upma, Pinepple kesare bath	Rice, Rasam, Dal, Curd Veg salad Paneer Pulav + Raita Molake Kaal / Hors gram sambar Red Boiled Rice	Coffee, Tea & Milk  Honey Cake	Rice, Rasam, Dal, Curd  Pav Bhaji Sweet : Jamun , Laddu Milk
Sunday	Coffee, Tea & Milk Chocos, Bread, Jam, Butter Fruits Neer Dosa , Tomato chutney	Rice, Rasam, Dal, Curd Tomato bath, Raita, Papad Red Boiled Rice- Meal Maker Bath +Raita + Papad Nandini Masala Butter Milk & Plain lasi	Coffee, Tea & Milk  lays (Orange)	Rice, Rasam, Dal, Curd, Chapthi,Bindi Fry Majjige huli sambar Milk Ice Cream: Butter Scotch

CHIEF WARDEN  
J.S.S Medical College Hostels  
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JSS MEDICAL COLLEGE GIRLS HOSTEL (MENU 16.07.2024 TO 31.7.2024)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Coffee, Tea & Milk Choco, Bread, Jam, Butter Fruits Idli, Vada, Chutney, Sambar sprouts	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Beetroot Palya ,Veg Kofta Molake Kaal / Hors gram sambar	Coffee, Tea & Milk Paneer Puff	Rice, Rasam, Dal, Curd Vangibath / Lemon Rice + Curd Rice kadle bele vada Sweet-Shavige Paysa Milk
Tuesday	Coffee, Tea & Milk Cornflakes,Bread, Jam, butter Fruits Tost Breed Sandwich, Poha,tomato curry	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk, Paneer Burji Beans Palya, Red Boiled Rice Heerekaji Sambar	Coffee, Tea & Milk  Hides seek / Potato chips	Rice, Rasam, Dal, Curd Dosa, Aloo Palya, Chutney  Milk Ice cream
Wednesday	Coffee, Tea & Milk Choco, Bread, Jam, Butter Fruits Puri , Channa Masala	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk , Carrot Palya / Rajma curry Brinjal Curry ,Ladies Finger Sambar Red Boiled Rice	Coffee, Tea & Milk  Pani Puri / Masala Puri	Rice, Rasam, Dal, Curd Paneer Parotha + Chutney Chapati + Palak Paneer,veg sambar Badam Milk Milk
Thursday	Coffee, Tea & Milk Cornflakes,Bread, Jam, butter Fruits Uttapam, Sambar,Chutney	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk / Khadi Pakoda Curry Aloo Gobi Matar Dry , Mosappu Sambar,	Coffee, Tea & Milk  Maggi	Rice, Rasam, Dal, Curd, Fried Rice + Gobi Manchurian  Sweet: Milk
Friday	Coffee, Tea & Milk Chocos, Bread, Jam, Butter Fruits Rava Idli, tomato Curry Chutney-Sprouts	Rice, Rasam, Dal, Curd, Chapthi Cucumber, Carrot / Beetroot Butter Milk , Cabbage Palya Red Boiled Rice,Black Chana Curry Mangloor. Sambar, Tomato bath	Coffee, Tea & Milk  Fruit Salad with Ice cream	Rice, Rasam, Dal, Curd, Chapathi+Dal Makhani, Chapparadavare Sambar Rava Dosa+chutney Cold Badam Milk
Saturday	Coffee, Tea & Milk Cornflakes, Jam, Butter Fruits- Tost Breed Vermicelli, Chutney	Rice, Rasam, Dal, Curd Veg salad,Red Boiled Rice Choli Batura , Butter Milk Chappradavare Sambar	Coffee, Tea & Milk  Samosa	Rice, Rasam, Dal, Curd Ghee Rice / Jeera Rice + Aloo CURRY  Sweet : Jamun Milk
Sunday	Coffee, Tea & Milk Chocos, Bread, Jam, Butter Fruits Aloo Paratha, Chutney	Rice, Rasam, Dal, Curd Raita, Papad,chilli Bajji, Veg Biriyani Red Boiled Rice, Raita	Coffee, Tea & Milk  Brownie / Sponge Cake	Rice, Rasam, Dal, Curd, Parota, Paneer butter Masala  Milk Sweet :Ladoo

  
 CHIEF WARDEN  
 J.S.S Medical College Hostels (Women)  
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J.S.S MEDICAL COLLEGE GIRLS HOSTEL (MENU 01.08.2024 TO 31.08.2024)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Vada, Sambar, Chutney Maggi, Pongal, Chutney Cheese Sandwich, Upma Poori, Chana curry	Chana Curry, Beetroot palya Dum Aloo, Heerekayi Palya Kadhi Pakoda, Moong Soppu Palya Chapathi	Samosa Sprouts Chatt Dark Fantasy	Chapathi, Aloo fry, Jamun Cabbage Munchurian, Fried rice Chapathi, Palak paneer, Laddu
Tuesday	Dosa, Chutney, Sambar Akki Rotti, Chutney Idli, Vada, Sambar, Chutney Rava Dosa, Tomato Chutney	Paneer burji, Moong Soppu Palya Black Channa curry, Carrot Palya Poori, Aloo Jeera, Corrot & Beans Palya Chapathi	Masala puri Churumuri Bread bajji	Tomato rice, Rasamalai Dosa, Aloo palya, Chutney, Lassi Chapathi, Paneer butter masala, Rasamalai Chapathi, Beans Aloo dry, Lassi
Wednesday	Veg Sandwich, Upma Bisibele bath, Mixture Uttapam, Sambar, Chutney Paneer Paratha	Rajma Curry, Carrot Palya Paneer Butter Masala, Heerekayi Palya Veg Kofta, Banana Dry Chapathi	Fruit salad, Ice Cream Sweet corn Carrot Halwa, Ice Cream	Pav Bhaji, Chapathi, Matar Gravy Chapathi, Chilly Panner  (Rasgulla)
Thursday	Poha, Tomato curry, Roast Bread Upma, Kesaribath Akki Rotti, Chutney, Brinjal Curry Vermicelli, Chutney	Bindi curry, Aloo Carrot matar dry Rajma Curry, Carrot Palya Lobia curry, Beans Palya Chapathi	Maggi Black Chana Dry Palya Veg Cutlet	Chapathi, Bhindi dry Paneer Paratha, Chutney Dosa, Aloo palya, Chutney Pav Bhaji (Badam Milk)
Friday	Poori, Aloo Jeera Rava Idli, Sagu, Chutney Dosa, Chutney, Sambar Paneer Sandwich, Tomato Bath	Veg Kofta, Cabbage Palya Kadhi Pakoda, Moong Soppu Palya Paneer burji, Corrot & Bitter gourd fry Chapathi	Honey Cake Bonda Soup Paneer puff	Dosa, Aloo palya, Chutney Vaangi Bath, Chutney Tomato Bath, Chutney Dosa, Aloo palya, Chutney (Champakali)
Saturday	Uttapam, Sambar, Chutney Vermicelli, Chutney Bisibele bath, Mixture Idli, Vada, Sambar, Chutney	Chole Bathura Chapathi, Paneer Palav Chana Bathura Chapathi, Chole curry	Bread Bajji Sweet corn Corn chat	Chapathi, Methi Aloo dry Bisibele bath, Mixture Chapathi, Matar Gravy Chapathi, Aloo fry (Ice Cream)
Sunday	Aloo Paratha, chutney Veg Sandwich, Upma Aloo Paratha, chutney Uttapam, Sambar, Chutney	Veg Biryani Tomato Rice Vaangi Bath  (Masala Butter Milk, Raita, Papad)	Hide & Seek Poha Mixture Churumuri	Wheat Parota, Chilly Panner Chapathi, Mix veg curry Wheat Parota, Palak Paneer Masala Pongal, Chutney (Peda)

**Note:**

- Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- Any Fruits (seasonal) are given daily in Breakfast
- Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.



**CHIEF WARDEN**


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MYSORE 570 015



JSS MEDICAL COLLEGE GIRLS HOSTEL (SEPTEMBER 2024)				
(1st week MENU) — B-Block —				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Vada, Sambar, Chutney Sprouts, muesli	Rajma Curry, Beans Palya Sprouts sambar, Palak Chapathi	Masala puri	Bhindi palya, Chapathi Geddekos Sambar
Tuesday	Dosa, Chutney, Sambar Sprouts, chocos	Paneer Butter Masala, Carrot Palya Drumstick Sambar, methi Chapathi	Sabudana Vada	Soya Curry, Chapathi Curd Sambar
Wednesday	Bisibele bath, Khara bondi Sprouts, cornflakes	Mushroom curry, horse gram palya Sambar, Heerekayi palya, Chapathi	Mirchi Bajji	Chana curry, chapathi Chapparadavare kayi sambar
Thursday	Uttapam, Sambar, Chutney Sprouts, muesli	Aloo Matar gobi, Beetroot Palya Ladies finger Sambar, Palak Chapathi	veg roll	Lemon Rice, Curd rice Mango lassi, Khara Bondi
Friday	Poha, Tomato curry, Kesaribath Sprouts, chocos	Brinjal curry, Moong Soppu Palya Pumpkin Sambar, Methi Chapathi	Carrot Halwa	Palak Paneer, Chapathi Sprouts sambar
Saturday	Idli, Vada, Sambar, Chutney Sprouts, cornflakes	Soya Pulav, Raita Sprouted green gram palya Mangaluru southe Sambar	churumuri	Aloo Fry, Radish Sambar, Chapathi
Sunday	Paneer Paratha, chutney Sprouts, cornflakes	Chole Batura, Veg Salad Veg Sambar	mix Fruits	Pav Bhaji, Drumstic Sambar  shaviga payasa

**Note:**

- 1 Tea, Coffee & Milk, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Saturday in Lunch.  
Salad provided on Sunday
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.

  
**CHIFF WARDEN**  
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**MYSORE 570 015**

JSS MEDICAL COLLEGE GIRLS HOSTEL (SEPTEMBER 2024)				
(2nd week MENU) C-Block -				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Pongal, Chutney Chocos, Sprouts	Black Chana curry, Beetroot palya Sprouts sambar, Palak Chapathi	Churumuri	Palak Paneer, Chapathi Geddekos Sambar
Tuesday	Poha, Tomato curry, Sandwich Sprouts, muesli	Bhindi curry, carrot palya Drumstick Sambar, Methi Chapathi	Masal puri	Masala Dosa, Chutney Sambar Gulab jamun
Wednesday	Besan chila, Chutney Sprouts, Cornflakes	Dum Aloo curry, Beans palya Veg Sambar, Chapathi	Fruits & Dry Fruits	Paneer butter masala, Chapparadavare kayi sambar Wheat parota
Thursday	Poori, Chole curry Chocos, Sprouts	Khadi Pakoda, Chana palya Ladies finger Sambar, Palak Chapathi	Veg roll	Bhindi dry, Chapathi Curd Sambar Peda
Friday	Dosa, Aloo Palya, Sambar, Chutney Sprouts, muesli	Matar Gravy, Moong Soppu Palya Pumpkin Sambar, Poori	Vada pav	Aloo paratha, chutney, curd
Saturday	Paneer Paratha, Chutney, Curd Sprouts	Chole Bhatura, Bittergourd fry Mangaluru southe Sambar	Puneer puff	Ghee rice, Aloo matar gravy Radish Sambar
Sunday	Aloo Paratha, chutney, curd muesli	Paneer biriyani, raita, papad Veg Sambar	Suji halva Chana palya	Rava dosa, chutney, sambar Payasam

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

  
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 MYSORE 570 015





JSS MEDICAL COLLEGE GIRLS HOSTEL (SEPTEMBER 2024)				
(4th week MENU) <i>new-Block</i>				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Aloo Poori, Aloo Jeera Chocos, Sprouts	Khadi pakoda, Beetroot palya Sprouts sambar, Palak Chapathi	Sooji Halwa Chana Palya	Aloo gobi dry, Chapathi Geddekos Sambar
Tuesday	Uttapam, Chutney, Kesaribath Sprouts, muesli	Rajma curry, carrot palya Drumstick Sambar, Methi Chapathi	Pani puri	Paneer paratha, chutney Sambar
Wednesday	Poha, Sandwich Sprouts, Cornflakes	Matar gravy, Beans palya Veg Sambar, Chapathi	Churumuri	Methi aloo dry, chapathi Chapparadavare kayi sambar
Thursday	Idli, Vada, Sambar, Chutney Chocos, Sprouts	Veg kofta, Chana palya Ladies finger Sambar, Palak Chapathi	Carrot Halva	Masala dosa, Chutney, Sambar
Friday	Bisibele bath, Khara Sprouts, muesli	Aloo chana gravy, Moong Soppu Palya Pumpkin Sambar, Poori	Paneer roll	Chapathi, Palak Paneer Aloo Sambar
Saturday	Chana gravy, Poori Sprouts	Dum Aloo, Bitter gourd fry Mangaluru southe Sambar, Chapathi	Sabudana vada	Pav Bhaji Radish Sambar
Sunday	Pongal, Sweet pongal, chutney muesli	Aloo gobi dry, Paneer butter masala Veg Sambar, Chapathi	Pakoda	Chole gravy, Chapathi Sprouts sambar Payasam

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

  
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**MYSORE 570 015**






JSS MEDICAL COLLEGE GIRLS HOSTEL (SEPTEMBER 2024)				
(3rd week MENU) O-Block				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Vada, Sambar, Chutney Sprouts	Rajma Curry, Beans Palya Sprouts sambar, Palak Chapathi	Pani Puri	Bhindi palya, Chapathi Geddekos Sambar
Tuesday	Dosa, Chutney, Sambar Sprouts	Paneer Butter Masala, Carrot Palya Drumstick Sambar, Methi Chapathi	Paneer roll	Soya Curry, Chapathi Curd Sambar
Wednesday	Bisibele bath, Khara bondi Sprouts	Mushroom curry, horse gram palya Sambar, Heerekayi palya, Chapathi	Vada pav	Chana curry, chapathi Chapparadavare kayi sambar
Thursday	Uttapam, Sambar, Chutney Sprouts	Aloo Matar gobi, Beetroot Palya Ladies finger Sambar, Palak Chapathi	Kala Chana Chaat	Mint Rice, Curd rice Mango lassi, Khara Bondi
Friday	Poha, Tomato curry, Kesari bath Sprouts	Brinjal curry, Moong Soppu Palya Pumpkin Sambar, Chapathi	Bonda Soup	Palak Paneer, Chapathi Sprouts sambar
Saturday	Idli, Vada, Sambar, Chutney Sprouts	Soya Pulav, Raita Sprouted green gram palya Mangaluru southe Sambar	Veg Cutlet	Aloo Fry, Radish Sambar, Chapathi
Sunday	Paneer Paratha, chutney	Chole Batura, Veg Salad Veg Sambar	Sabudana vada	Pav Bhaji, Drumstic Sambar

**Note:**

- 1 Tea, Coffee & Milk, Bread, Butter & Jam are provided every Morning
  - 2 Tea, Coffee & Milk are provided every Evening
  - 3 Any Fruits (seasonal) are given daily in Breakfast
  - 4 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Saturday in Lunch.
- Salad provided on Sunday
- Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.

  
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JSS MEDICAL COLLEGE GIRLS HOSTEL (MENU OCTOBER 2024) 2nd & 4th Week				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Poha, Tomato curry, Kesaribath Sprouts	Dal Makhni, Bitter gourd fry Sprouts sambar, Palak Chapathi Jilebi	Pani Puri/ Masala puri	Aloo Fingers, Chapathi Geddekos Sambar
Tuesday	Idli, Vada, Sambar, Chutney Sprouts	Paneer burji, Beetroot Palya Drumstick Sambar, Methi Chapathi	Aloo Bajji/ Bread pakoda	Masal Dosa, Chutney, Aloo Palya
Wednesday	Poori, Aloo Jeera Sprouts	Lemon rice, Curd rice, Pappad Jamun	Veg Cutlet	Palak Paneer, Chapathi Chapparadavare kayi sambar
Thursday	Vangi Bath, Bread Sandwich Sprouts	Black chana curry, Aloo Gobi dry Carrot & Beans Sambar	Vada pav	Brinjal curry, Chapathi Kaal Sambar
Friday	Vermicelli, Chutney Sprouts	Rajma Curry, Moong Soppu Palya Pumpkin Sambar, Chapathi	Paneer puff/ capsicum puff	Bhindi Fry, Chapathi Radish Sambar Payasa
Saturday	Uttapam, Chutney, Sambar Sprouts	Chole Bhatura, Salad Horse gram Sambar & Palya	Churmuri	Chilly Panner/Veg Kofta Chapathi, Heerekayi Sambar
Sunday	Aloo Paratha, Chutney Sprouts	Kadi Pakoda, Chapathi, Heerekayi Palya	Fruits & Ice Cream	Pav Bhaji

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Muesli, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

  
**CHIFF WARDEN**  
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JSS MEDICAL COLLEGE GIRLS HOSTEL (MENU OCTOBER 2024) 1st & 3rd Week				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Vada, Sambar, Chutney Sprouts	Paneer burji/Palak Paneer , Beetroot palya Sprouts sambar, Palak Chapathi	Vada pav	Aloo Fingers, Chapathi Geddekos Sambar
Tuesday	Uttapam, Chutney, Sambar Sprouts	Black chana curry, Aloo Gobi dry Drumstick Sambar, Methi Chapathi Jamun	Churumuri	Bhindi sabji, Chapathi Curd Sambar
Wednesday	Tomato Rice, Bread Sandwich Sprouts	Veg kofta curry/ Dal Makhni Moong Soppu Palya Veg Sambar, Chapathi	Veg Cutlet	Bottle gourd sabji, Chapathi Chapparadavare kayi sambar Payasa
Thursday	Rava Idli, Chutney, Tomato curry Sprouts	Brinjal curry, Bitter gourd fry Veg Sambar, Chapathi, Jeera Rice	Fruits & Ice Cream	Wheat Parota, Chilly Paneer
Friday	Poori, Aloo Jeera Sprouts	Rajma Curry, Carrot Palya Pumpkin Sambar, Chapathi, Pulao	Aloo Bajji/ Bread pakoda	Puliyoggare, Curd rice (mango Lassi)
Saturday	Poha, Tomato curry, Kesari bath Sprouts	Chole Bhatura, Beans Palya Mangaluru southe Sambar	Pani Puri/ Masal puri	Masal Dosa, Chutney, Aloo Palya/ Pav Bhaji
Sunday	Aloo Paratha, Chutney Sprouts	Lemon rice, Curd rice, Vada Jilebi	Paneer puff/ capsicum puff	Jeera Rice, Aloo Sabji

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Muesli, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

  
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JSS MEDICAL COLLEGE GIRLS HOSTEL (NOVEMBER 2024)				
(2ND & 4TH WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Rava dosa, Tomato chutney Chocos, Sprouts	Dal makhani, Bitter gourd palya Sprouts sambar, Palak Chapathi	Honey Cake	Lemon rice, curd rice Jamun
Tuesday	Pongal, Sweet Pongal, Chutney Sprouts, muesli Sandwich	Rajma curry, Moong Soppu Palya Radish Sambar, Methi Chapathi	Veg Cutlet	Green Moong Sabzi Chapathi, Sambar Milk Peda
Wednesday	Idli, Vada, Sambar, Chutney Sprouts, Cornflakes	Black Chana curry, Heerekayi palya Pumpkin Sambar, Chapathi	Ice Cream Carrot Halwa	Paneer burji, Chapathi Drumstick Sambar Jaggery Sajjige
Thursday	Akki rotti, Chutney Chocos, Sprouts	Tomato rice, Carrot palya Beans Sambar, Paneer curry Palak Chapathi	Vada pav	Palak Palav, Masala Papad
Friday	Dosa, Sambar, Chutney Sprouts, muesli	Kadhi pakoda, Beans Palya Pumpkin Sambar, Chapathi	Bread Pakoda/ Manglore Bonda	Balekayi Palya Wheat Parota
Saturday	Upma, Kesaribath Sprouts	Chole Bhatura, Horse gram Sambar & Palya	Pani puri	Palak Paneer, Chapathi
Sunday	Paneer Paratha, chutney, curd muesli	Veg Biryani, Raita, Papad	Puneer puff	Mix Veg curry, Chapathi

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

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# JSS MEDICAL COLLEGE GIRLS HOSTEL (NOVEMBER 2024)

## (1ST & 3RD WEEK MENU)

DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Vada, Sambar, Chutney Chocos, Sprouts	Paneer burji, Beetroot palya Drumstick Sambar, Palak Chapathi	Brownie Sweet: Rasmalai	Mushroom curry, Chapathi Geddekos Sambar
Tuesday	Poori, Aloo Jeera Sprouts, muesli	Aloo gobi matar, carrot palya Radish Sambar, Methi Chapathi	Sabhudhana Vada/ Masala Vada	Bhudagumbala Curry, Sambar, Chapathi
Wednesday	Uttapam, Sambar, Chutney Sprouts, Cornflakes	Puliyoggare, Chapathi, Pumpkin Palya, Paneer curry	Fruits & Ice Cream	Paneer butter masala, Chapparadavare kayi sambar Wheat parota
Thursday	Poha, Tomato curry, Sandwich Chocos, Sprouts	Black Chana Curry, Cabbage palya Ladies finger Sambar, Palak Chapathi	Puneer puff	Jeera Rice, Aloo curry
Friday	Bisibele bath, Khara bhondhi Sprouts, muesli	Veg kofta, Beans Palya Pumpkin Sambar, Poori	Aloo Bonda/ Balekayi Bajji Ice Cream	Masala Dosa, Chutney Sambar
Saturday	Rava Idli, Vermicelli, Chutney Sprouts	Khichidi, Brinjal fry, Papad Carrot & Beans Sambar, Chapathi Vermicelli Payasam	Sweetcorn	Shaloo Bhindi fry, Chapathi Radish Sambar
Sunday	Aloo Paratha, chutney muesli	Wheat Parota, Paneer curry	Bread Pakoda	Vangibath, Chutney Sabhudhana payasa

### Note:

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning
- 2 Tea, Coffee & Milk are provided every Evening
- 3 Any Fruits (seasonal) are given daily in Breakfast
- 4 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.
- 5 Salad provided on Saturdays
- 6 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 7 Milk provided every Night

*for per*  
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Hostel for Women  
MYSORE-15



JSS MEDICAL COLLEGE GIRLS HOSTEL (DECEMBER 2024)				
(1ST & 3RD WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Poha, Tomato curry, Sandwich Chocos, Sprouts	Bitter Gourd fry, Green gram curry Drumstick Sambar, Palak Chapathi Vangi bath	Vada pav/ Pani Puri	Paneer Matar curry Paratha Sweet: Rasgulla
Tuesday	Rava Dose, Tomato Chutney Sprouts, muesli	Veg Kofta, Papad Radish Sambar, Methi Chapathi Beetroot Palya	Paneer Puff	Aloo Capsicum Matar Dry Soppu Sambar, Chapathi
Wednesday	Bisibele bath, Khara bhoondhi Sprouts, Cornflakes Toast Bread	Palak Chapathi, Papad Pumpkin Palya, Rajma curry Ladies finger sambar	Chocolate Cake Lime Juice	Akki Rotti, Brinjal Curry Chutney Sweet: Jalebi
Thursday	Idli, Vada, Chutney, Sambar Chocos, Sprouts	Mushroom Curry/Black Chana Curry Chapparadavare kayi Sambar, Palak Chapathi, Cabbage palya	Samosa/ Mushroom Manchurian	Dal Makhani, Chapathi Curd Sambar
Friday	Upma, Kesari bath, Curd Sprouts, muesli	Puliyogga, Chapathi, Molake Kaal Sambar Veg Curry, Beans palya	Fruit Salad Chocolate Ice Cream	Fried Rice, Aloo Curry Chapathi Kheer
Saturday	Vermicilli, Pulao Sprouts, Chutney	Soya Curry, Heerekayi Palya Pumpkin Sambar, Chapathi	Gobi Manchurian	Masala Dosa, Aloo Palya Chutney, Sambar/ Aloo Paratha, Chutney
Sunday	Paneer Paratha, Chutney muesli	Chole bathura, Veg Sambar, Beans palya	Kachori	Pav Bhaji Gulab jamun

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night





# JSS MEDICAL COLLEGE GIRLS HOSTEL (DECEMBER 2024)

## (2ND & 4TH WEEK MENU)

DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Akki Rotti, Brinjal Curry, Chocos, Sprouts, Red Chutney	Aloo gobi Palya, Green gram curry Drumstick Sambar, Palak Chapathi	Churumuri	Masala Dosa, Chutney Aloo Palya Jelebi
Tuesday	Bisibele bath, Khara bhoondhi/ Vermacelli, Chutney Sprouts, Cornflakes	Ghee rice, Aloo matar cutty Radish Sambar, Methi Chapathi Beetroot Palya	Onion Samosa	Bhudagumbala Curry, Soppu Sambar, Chapathi Mudde
Wednesday	Rava Dosa, Veg Saagu/ Rava Idli, Red Chutney, Tomato curry Sprouts, muesli	Palak Chapathi Pumpkin Palya, Rajma curry Ladies finger sambar	Lime Juice Vada pav	Lemon Rice, Curd rice Vermicelli Kheer Papad
Thursday	Upma, Kesari Bath Tomato rice, Sandwich . Chocos, Sprouts	Baby corn Curry, Cabbage palya Seeme Badane Sambar, Palak Chapathi	Pani puri	Chapathi, Paneer Burji Tondekayi Sambar
Friday	Dosa, Kaal Sambar, Chutney Sprouts, muesli	Mushroom curry, Jeera rice Pumpkin Sambar, Chapathi Beetroot Palya	Chocolate Cake/	Chapathi, Khadi Pakoda Bhindi Sambar Laddu
Saturday	Pongal, Sweet Pongal, Huli Sprouts	Chole bathura, Beans palya Veg Sambar, Vermicelli Payasam	Carrot Halwa with Ice Cream	Puliyoggaru, Chapathi Radish Sambar, Palak Paneer
Sunday	Poori, Aloo Curry/Tomato Curry muesli	Veg Palav, Raita, Papad	Paneer roll	Rumali roti, Matar curry Soppu Kaalu Palya, Mudde Sambar

### Note:

- Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- Any Fruits (seasonal) are given daily in Breakfast
- Vegetable slices (Cucumber/Carrot/Beetroot/Tomato/Radish/Onion) Monday to Friday in Lunch.  
Salad provided on Saturdays
- Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- Milk provided every Night

*PRP*  
**CHIEF WARDEN**  
J.S.S. Medical College Girls (Women)  
MYSORE-570 015



# JSS MEDICAL COLLEGE GIRLS HOSTEL (JANUARY 2025)

## (1st & 3rd WEEK MENU)

DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Vada, Sambar, Chutney Chocos, Sprouts, Red Chutney	Carrot Palya, Panner curry Drumstick Sambar, Palak Chapathi	Sweet corn	Puliyoggare, Curd Rice Peda
Tuesday	Uttapam, Sambar, Chutney Sprouts, Cornflakes	Rajma curry, Beetroot Palya Radish Sambar, Methi Chapathi	Vada Pav Lemon Juice	Aloo Capsicum, Soppu Sambar, Chapathi Mudde
Wednesday	Poori, Chole Curry Sprouts, muesli	Palak Chapathi, Baby corn gravy Aloo gobi Palya, Ladies finger sambar	Veg Cutlet/ Sabudana Cutlet	Palak Paneer, Chapathi Mudde, Kaal Sambar
Thursday	Besan Chilla, Green Chutney Chocos, Sprouts	Mushroom Curry, Cabbage palya Seeme Badane Sambar, Palak Chapathi	Samosa	Fried Rice, Manchurian Sabudana Kheer
Friday	Upma, Aloo Sandwich Sprouts, muesli	Dal Makhani, Heerekayi Palya Pumpkin Sambar, Chapathi	Kachori Lemon Juice	Chapathi, Aloo beans Palya Bhindi Sambar, Mudde Ice Cream
Saturday	Masala Dosa, Sambar, Chutney Sprouts	Chole bathura, Veg Salad Huruli Sambar & palya	Onion Pakoda Green Chutney	Tomato Bath, Raita, Papad Jamun
Sunday	Aloo Paratha, Chutney muesli	Paneer dum biriyani, Raita, Papad	Bread Pakoda	Paratha, Paneer Butter Masala

### Note:

- Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- Any Fruits (seasonal) are given daily in Breakfast
- Vegetable slices Monday to Friday in Lunch.  
Salad provided on Saturdays
- Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- Milk provided every Night

for Warden  
J.S.S. Medical College  
Hostel for Women  
MYSORE-15





# JSS MEDICAL COLLEGE GIRLS HOSTEL (JANUARY 2025)

## (2nd & 4th WEEK MENU)

DAYS	MORNING	AFTERNOON	EVENING	NIGHT
<b>Monday</b>	Poha, Tomato curry, Sandwich Chocos, Sprouts	Cabbage palya, Paneer Burji Drumstick Sambar, Palak Chapathi	Vada pav Lemon Juice	Chapathi, Gobi Curry Bhindi Sambar, Mudde Laddu
<b>Tuesday</b>	Uttapam, Sambar, Chutney Sprouts, muesli	Dum Aloo curry, Jeera Rice Molake Kaal Sambar, Beetroot Palya, Methi Chapathi	Gobi Manchurian	Pav Bhaji Ice Cream
<b>Wednesday</b>	Akki Rotti, Brinjal Curry, Chutney Sprouts, Cornflakes	Palak Chapathi, Fried Rice Pumpkin Palya, Veg kofta Ladies finger sambar	Paneer Roll	Chapathi, Mudde bindi Fry/ Dal makhani Curd Sambar, Jamun
<b>Thursday</b>	Rava Idli, Tomato Curry, Chutney Chocos, Sprouts	Mushroom Curry Dry Aloo Gobi, Veg Sambar, Palak Chapathi	Bonda Soup	Aloo Paratha, Chutney
<b>Friday</b>	Poori, Aloo Curry, Vermicilli Sprouts, muesli	Chapathi, Bitter gourd fry Radish Sambar Black Chana Curry	Fruit Salad Chocolate Ice Cream	Paneer Dum Biriyan, Raita Papad
<b>Saturday</b>	Masala Dosa, Sambar, Chutney Sprouts, Chutney	Chole bathura, Huruli Sambar & palya, Salad	Samosa Tomato Soup	Chapathi, Mix Veg Curry Mudde, Kaal Sambar Sabudana Kheer
<b>Sunday</b>	Paneer Paratha , Chutney muesli	Veg Pulao, Raita (Boondi)	Pani puri	Paratha, Paneer Curry Peda

### Note:

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning
- 2 Tea, Coffee & Milk are provided every Evening
- 3 Any Fruits (seasonal) are given daily in Breakfast
- 4 Vegetable slice Monday to Friday in Lunch.
- 5 Salad provided on Saturdays
- 6 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 7 Milk provided every Night

for P.P.P.  
Warden  
J.S.S. Medical College  
Hostel for Women  
MYSORE-15



JSS MEDICAL COLLEGE GIRLS HOSTEL (FEBRUARY 2025)				
(2nd & 4th WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Vada, Sambar, Chutney Chocos, Sprouts	Cabbage palya, Paneer Burji Soppu Sambar, Palak Chapathi	Churumuri	Dal Makhani, Chapathi Veg Sambar Sabudana Kheer
Tuesday	Poha, Tomato curry Chocos, Sprouts	Dum Aloo curry, Jeera Rice Molake Kaal Sambar, Beetroot Palya, Methi Chapathi	Samosa	Chapathi, Aloo Capsicum Bhindi Sambar, Mudde Jamun
Wednesday	Vermicilli, Aloo Sandwich Chocos, Sprouts	Veg Kofta Curry Dry Aloo Gobi, Veg Sambar, Palak Chapathi	Brownie	Chapathi, Mudde Palak Paneer Curd Sambar
Thursday	Akki Rotti/Uttapam, Chutney Sprouts, Cornflakes	Palak Chapathi Pumpkin Palya, Rajma Curry Drumstick sambar	Vada pav	Masala Dosa, Aloo Palya Chutney Ice Cream
Friday	Upma, Kesari bath Sprouts, muesli	Chapathi, Bitter gourd fry Radish Sambar Black Chana Curry	Cutlet	Matar Paneer, Chapathi Pumpkin Sambar
Saturday	Aloo Poori, Aloo Curry Sprouts, muesli	Chole bathura, Huruli Sambar & palya, Salad	Masala puri	Chapathi, Bhindi Dry Radish Sambar Peda/ Laddu
Sunday	Rava Idli, Tomato Curry, Chutney Chocos, Sprouts	Paneer Pulao, Raita/ Vangi Bath, Chutney Papad	Kachori	Kadhi Pakoda, Chapathi mangaluru Soute Sambar

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

*for* *Priganka*  
Warden  
J. S. S. Medical College  
Hostel for Women  
MYSORE - 16





# JSS MEDICAL COLLEGE GIRLS HOSTEL (FEBRUARY 2025)

## (1st & 3rd WEEK MENU)

DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Aloo Poori, Aloo Jeera Sprouts with tomato, muesli	Black Chana/ Baby corn curry Drumstick Sambar, Palak Chapathi Carrot Palya	Vada Pav	Dosa, Aloo palya, Chutney  Ice Cream
Tuesday	Akki Rotti/Vermicilli, Chutney Sprouts, Cornflakes	Paneer butter masala, Radish Sambar, Methi Chapathi Soppu Kaalu Palya	Sabudana Vada/ Bread Bajji	Jeera Rice, Aloo gobi curry  Peda/ Laddu
Wednesday	Idli, Vada, Sambar, Chutney Chocos, Sprouts	Palak Chapathi, Dal Makhani Aloo gobi Palya, Ladies finger sambar	Brownie	Kadi Pakoda, Chapathi Mudde, Kaal Sambar
Thursday	Upma, Aloo Sandwich Chocos, Sprouts	Rajma Curry/ Corn masala sabji Seeme Badane Sambar, Palak Chapathi, Beetroot Palya	Onion Pakoda/ Aloo Bajji	Palak Paneer, Chapathi Mudde, Veg Sambar Kheer
Friday	Uttapam, Chutney, Kesari bath Sprouts, Cornflakes	Aloo Gobi/ Dum Aloo curry, Pumpkin Sambar, Chapathi Heerekayi Palya	Pani puri/ Masala Puri	Chapathi, Mushroom Curry Kaal Sambar, Mudde Ice Cream
Saturday	Paneer Sandwich, Tomato Bath Sprouts	Chole bathura, Veg Salad Huruli Sambar & palya	Fruits & Ice Cream	Chapathi, Paneer Burji Bhindi Sambar, Mudde
Sunday	Masala Dosa, Sambar, Chutney Sprouts	Veg Biriyani, Raita/ Ghee rice, Kurma Papad	Cake	Pav Bhaji  Jamun

### Note:

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slices Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

for 128  
Warden  
S. S. Medical College  
Hostel for Women  
MYSORE - 16



JSS MEDICAL COLLEGE GIRLS HOSTEL (MARCH 2025)				
(2nd & 4th WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Masala Dosa, Sambar, Chutney Sprouts	Cabbage palya, Rajma Curry Soppu Sambar, Palak Chapathi	Capicum puff/ Paneer puff	Aloo matar dry, Chapathi Dahi Sambar Jalebi
Tuesday	Poha, Aloo Sandwich Chocos, Sprouts	Black Chana curry, Jeera Rice Molake Kaal Sambar, Beetroot Palya, Methi Chapathi	Brownie/Honey Cake Cold Milk	Fried Rice, Gobi Butter Scotch Ice Cream
Wednesday	Idli, Vada, Sambar, Chutney Chocos, Sprouts	Paneer Batar Masala Dry Aloo Gobi, Veg Sambar, Palak Chapathi	Vada pav	Rava dosa, Tomato Chutney
Thursday	Upma, Kesari bath, Sandwich Sprouts, muesli	Palak Chapathi, Maushroom Curry Soppu Kalina Palya, Drumstick sambar	Kachori/ Samosa	Paneer Burji, Chapathi Sambar Laddu
Friday	Aloo Poori, Chole Curry Sprouts, muesli	Chapathi, Carrot Palya Radish Sambar Dal Makhani	Sabudana Vada	Chapathi, Lobia Curry
Saturday	Vermicilli, Chutney Sprouts, muesli	Chapathi, Khadi Pakoda, Molake Huruli Sambar, Salad	Veg puff	Parota, Paneer Curry Sambar
Sunday	Uttapam, Chutney, Sambar Sprouts, Cornflakes	Paneer Pulao, Raita Papad	Bajji	Puliyogga, Curd Rice Ice Cream- Vanilla Papad

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

*for Prityanka*  
**CHIEF WARDEN**  
 J.S.S. Medical College Hostels (W - 4th)  
 MYSORE-570 015





JSS MEDICAL COLLEGE GIRLS HOSTEL (MARCH 2025)				
DAYS	(1st & 3rd WEEK MENU)			
	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Poha, Tomato curry Chocos, Sprouts, Bread Toast	Black Chana curry Soppu Sambar, Palak Chapathi Beetroot Palya	Paneer Puff Cold Badam Milk	Dosa, Aloo palya, Chutney Sambar
Tuesday	Idli, Vada, Sambar, Chutney Chocos, Sprouts	Baby corn curry/ Rajma Curry Radish Sambar, Methi Chapathi Soppu Kaalu Palya	Vada pav Lemon Juice	Paneer Burji, Chapathi Muddu Vermicelli Payasa
Wednesday	Upma, Aloo Sandwich Chocos, Sprouts	Palak Chapathi, Veg Kofta Aloo gobi Palya Drumstick sambar	Gobi	Soya Palav, Raita Kesaribath
Thursday	Masala Dosa, Sambar, Chutney Sprouts	Paneer Butter Masala Heerekayi Palya, Palak Chapathi Seeme badane Sambar	Samosa Lemon Juice	Rumali, Mushroom Curry Sambar, Mudde Jamun
Friday	Rava Idli, Tomato Curry, Chutney Chocos, Sprouts	Dal Makhni, Pumpkin Sambar, Chapathi Carrot Palya	Chocolate Ice Cream Fruit Salad	Lemon Rice/ Pulioggare Parota, Matar Paneer Curry
Saturday	Uttapam, Chutney, Sambar Sprouts, Cornflakes	Chole bathura, Veg Salad Molake Huruli Sambar	Kachori/ Sabudana Vada	Chapathi, Bindi curry Kaal Sambar, Mudde Jamun
Sunday	Bisibele Bath, Mixture Vermicelli	Veg Pulao, Raita Papad	Brownie Vanilla Ice Cream	Pav Bhaji Mango Lassi

**Note:**

- Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- Any Fruits (seasonal) are given daily in Breakfast
- Vegetable slices Monday to Friday in Lunch.  
Salad provided on Saturdays
- Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- Milk provided every Night


for *Priganda*  
**CHIEF WARDEN**  
 J.S.S. Medical College Hostels (Women)  
 MYSORE-570 015



JSS MEDICAL COLLEGE GIRLS HOSTEL (APRIL 2025)				
(2nd & 4th WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Masala Dosa, Sambar, Chutney Sprouts	Cabbage palya, Rajma Curry Soppu Sambar, Palak Chapathi Papad	Brownie Cold Milk	Gobi Manchurian, Fried Rice
Tuesday	Vermicilli, Chutney, Bisibele bath Chocos, Sprouts	Veg Kofta curry, Tepla Molake Kaal Sambar, Carrot Palya, Chapathi	Vada pav Badam Milk	Paneer Burji, Chapathi Sweet Lassi
Wednesday	Poori, Aloo veg Curry Chocos, Sprouts	Palak Chapathi, Maushroom Curry Aloo Gobi Palya Drumstick sambar	Fruit Salad Ice Cream	Dosa, Aloo Palya, Chutney
Thursday	Idli, Vada, samabr, Chutney Sprouts, muesli	Baby Corn Curry, Pliyogare Beetroot Palya, Veg Sambar, Palak Chapathi	Paneer Capsicum puff Badam Milk	Pav Bhaji Halva
Friday	Poha, Tomato Curry, Bread Toast Sprouts, muesli	Chapathi, Bitter Gourd fry Radish Sambar Dal Makhani, Papad	Churumuri Lemon Juice	Matar Paneer Rumali Roti Ice Cream
Saturday	Upma, Kesaribath, Chutney Sprouts, muesli	Chole bathura Molake Huruli Sambar, Salad	Samosa	Aloo Capsicum, Chapathi Mango lassi
Sunday	Aloo Paratha, Chutney Sprouts, Cornflakes	Paneer Butter masala, Chutney Chapathi, Gori Kayi Sambar Papad	Sweet Corn	Lemon Rice, Curd Rice Sweet

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

  
**CHIEF WARDEN**  
 J.S.S. Medical College Hostels (Women)  
 MYSORE-570 015





# JSS MEDICAL COLLEGE GIRLS HOSTEL (APRIL 2025)

## (1ST & 3RD WEEK MENU)

DAYS	MORNING	AFTERNOON	EVENING	NIGHT
<b>Monday</b>	Poha, Tomato curry Chocos, Sprouts, Bread Toast	Black Chana curry Drumstick sambar, Palak Chapathi Pumpkin Palya	Churumuri	Tomato Bath, Kaal Sambar Chapathi, Kadi Pakoda Ice Cream,
<b>Tuesday</b>	Rava Idli, Tomato Curry, Chutney Chocos, Sprouts	Mushroom Curry Vegetable Sambar, Methi Chapathi Capsicum Palya, Papad	Gobi Manchurian	Dosa, Aloo Palya Chutney
<b>Wednesday</b>	Bisibele Bath, Mixture Upma	Palak Chapathi, Bitter gourd fry Rajma Curry Tondekayi Sambar	Brownie Vanilla Ice Cream	Chapathi, Mushroom Kadai Bindi Sambar
<b>Thursday</b>	Masala Dosa, Sambar, Chutney Sprouts	Palak Chapathi, Baby corn curry Soppu Kaali Palya Radish sambar, Papad	Panipuri	Vangi bath, Chapathi Lady's finger Palya Curd Sambar
<b>Friday</b>	Akki Rotti, Chutney Chocos, Sprouts	Methi Chapathi, Matar Paneer Beetroot Palya Soppu Sambar	Samosa/ Kadle Kaal Husli	Lemon Rice/Puliyoggare Curd Rice Shavige Payasa
<b>Saturday</b>	Aloo Sandwich, Rice Bath Sprouts, Cornflakes	Chole bathura, Veg Salad Molake Huruli Sambar Papad	Vada Pav	Chapathi, Veg Curry Jalebi Heere kayi Sambar
<b>Sunday</b>	Idli, Sambar, Chutney, Vada Vermicelli	Soya Pulao, Raita Papad	Paneer Puff	Rumali Roti/ Parota Palak Paneer Jamun/ Laddu

### Note:

- Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- Any Fruits (seasonal) are given daily in Breakfast
- Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- Milk provided every Night

*PP*  
**CHIEF WARDEN**  
 J.S.S. Medical College Hostels (Women)  
 MYSORE-570 015



JSS MEDICAL COLLEGE GIRLS HOSTEL (MAY 2025)				
(1st & 3rd WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Sambar, Chutney, Vada Sprouts, muesli	Rajma Curry, Cabbage palya Veg sambar, Palak Chapathi	Masala Puri	Kichidi, Bhidi Curry Chapathi, Kadhi Pakoda Laddu
Tuesday	Bisibele Bath, Mixture Vermicelli Chocos, Sprouts	Peas Curry Radish Sambar, Methi Chapathi Balekayi Palya, Papad	Bonda Soup	Tondekayi fry, Chapathi Drumstick Sambar Masala Majjige
Wednesday	Poori, Saagu Sprouts, muesli	Palak Chapathi, Aloo Gobi Dry Moong gram Curry Soppu Sambar	Brea Toast	Vangi Bath, Taita Fruit
Thursday	Dosa, kaalu Sambar, Chutney Sprouts, Cornflakes	Palak Chapathi, Black Chana curry Carrot Palya Curd sambar, Papad	mango Churumuri	Musroom Curry, Chapathi Ladies Finger Sambar
Friday	Poha, Tomato curry, Bread Toast Chocos, Sprouts	Methi Chapathi, Palak Paneer Veg Palya, kichidi Tonde kayi Sambar	Brownie Ice Cream	Rava Dosa, Red Chutney Jalebi
Saturday	Pongal, Sweet Pongal, Huli Sprouts, Cornflakes	Chole bathura, Veg Salad Huruli Sambar & Palya Papad	Gobi manchurian	Chapathi, Aloo Gobi Peas Fry Heere kayi Sambar
Sunday	Akki Rotti, Yennegayi, Chutney Sprouts, muesli	Palav, Curd Rice Papad	Vada pav	Lemon Rice, Vada Paneer Curry, Rumali Roti

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

*per*  
CHIEF WARDEN  
J.S.S. Medical College Hostels (Women)  
MYSORE-570 015





JSS MEDICAL COLLEGE GIRLS HOSTEL (MAY 2025)				
(2ND & 4TH WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Dosa, kaalu Sambar, Chutney Sprouts, Cornflakes	Mushroom Curry, Cabbage palya Veg sambar, Palak Chapathi Papad	Brownie Ice Cream	Pav Bhaji Kaal Sambar
Tuesday	Poori, Aloo Jeere Sprouts, muesli	Veg Kofta Curry Radish Sambar, Methi Chapathi Balekayi Palya, Papad	Gobi Machurian Orange Juice	Puliyoggare, Curd Rice Ice Cream, Papad
Wednesday	Idli, Sambar, Chutney, Vada Sprouts, muesli	Palak Paneer, Aloo Gobi Dry Paneer Curry Soppu Sambar, Parota	Samosa Badam Milk	Bhindi dry, Chapathi Heerekayi Sambar
Thursday	Vermicelli, Chutney Sprouts, Cornflakes	Moong gram Curry Carrot Palya, veg Pulao Curd sambar, Papad	Paneer puff	Dosa, Aloo Palya , Chutney Mango Lassi
Friday	Aloo Sadwich, Upma Chocos, Sprouts	Methi Chapathi, Black Chana curry Veg Palya, Tonde kayi Sambar	Vada pav Lemon juice	Rumali Rotti, Paneer Matar Curry Butter Scotch Ice Cream
Saturday	Uttapam Sprouts, Cornflakes	Chole bathura, Veg Salad Huruli Sambar & Palya	Honey cake/ Kachori	Chapthi, Meal Maker Curry Gori Kayi Sambar Jamun/Champakali
Sunday	Aloo Paratha, Chutney Sprouts, muesli	Panner butter Masala ,chapathi Beetroot Palya, Veg Sambar,	Pani Puri	Fried Rice Gobi Manchurian

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

for  
Warden  
S. S. Medical College  
Hostel for Women  
MYSORE - 15



JSS MEDICAL COLLEGE GIRLS HOSTEL (JUNE 2025)				
(1st & 3rd WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Idli, Sambar, Chutney, Vada Sprouts, muesli	Rajma Curry, Drumstick Sambar Pumpkin palya, Palak Chapathi Papad	Chilly Bajji	Chapathi, Aloo Fingers Bhindi Sambar Sweet Lassi
Tuesday	Vermicelli, Kesari bath, Chutney Sprouts, muesli	Mushroom Curry Vegetable Sambar, Methi Chapathi Carrot palya	Fruits With Ice Cream	Vangi bath, Curd Sambar Chutney
Wednesday	Dosa, Sambar, Chutney Sprouts, Cornflakes	Aloo gobi matar, Chana curry Palak Chapathi Tondekayi sambar	Honey Cake Badam Milk	Chapathi, Bhindi Curry Soppu Sambar Mango Lassi
Thursday	Pongal, Sweet Pongal Sprouts, muesli	Radish Sambar Ennegayi curry Beetroot Palya, Papad	Sabudana Vada	Lemon Rice, Curd rice Carrot Sambar Jalebi
Friday	Poha, Tomato curry, Bread Toast Sprouts, Cornflakes	Methi Chapathi, Paneer Burji Heerekayi Palya, Soppu Sambar,	Masala Puri	Chapathi, Soya Curry Mangalore soute Sambar Champakali
Saturday	Bisibele Bath, Upma Sprouts, Cornflakes	Soya Pulao, Raita, Papad Huruli Sambar & Palya	Veg Puff	Tomota Cauliflower curry Chapathi, Radish Sambar Chocolate Ice Cream
Sunday	Rava Idli, Tomato Curry, Chutney Sprouts, muesli	Chole bathura, Veg Salad Veg Sambar	Vada Pav/Kachori	Dosa, Red chutney, Sambar Jamun

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

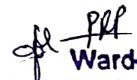
for PRP  
Warden  
J.S.S. Medical College  
Hostel for Women  
MYSORE-15



JSS MEDICAL COLLEGE GIRLS HOSTEL (JUNE 2025)				
(2nd & 4th WEEK MENU)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Poha, Tomato curry, Bread Toast Chocos, Sprouts	Veg Kofta Curry, Aloo dry Veg sambar, Palak Chapathi Papad	Brownie Vanilla Ice Cream	Paratha, Paneer Butter Masala Rasmalai
Tuesday	Aloo Sadwich, Vermicelli, Chutney Sprouts, muesli	Rajma Curry Kaal Sambar, Methi Chapathi Bitter gourd fry, Papad	Paneer puff	Bhindi dry, Chapathi Heerekayi Sambar, Motichur Ladoo
Wednesday	Idli, Sambar, Chutney, Vada Sprouts, muesli	Paneer Burji, Beetroot Palya Palak Chapathi Soppu Sambar, Parota	Sweet Corn	Besan Chila, Chutney Jalebi
Thursday	Poori, Aloo Jeere Sprouts, muesli	Methi Chapathi, Dum Aloo curry Soppu kaalu Palya, Tonde kayi Sambar	Bread Sandwich	Aloo Paratha, Chutney Boondi, Raita
Friday	Uttapam, Chutney Sprouts, Cornflakes	Dal Makhni Aloo Gobi Dry Heerekayi sambar, Papad	Dahi Papdi chat	Dosa, Aloo palya, Chutney Jamun
Saturday	Akki Rotti, Chutney, Upma Sprouts, Cornflakes	Chole bathura, Veg Salad Huruli Sambar & Palya	Samosa	Chilly Paneer, Chapathi Gori Kayi Sambar Ice Cream
Sunday	Paneer Onion Paratha, Chutney Sprouts, muesli	Palak Panner, chapathi Heerekayi Palya, Veg Sambar,	Vada pav	Khadi Pakoda/ Mushroom Curry Chapathi

**Note:**

- 1 Tea, Coffee & Milk, Chocos, Cornflakes, Bread, Butter & Jam are provided every Morning  
Tea, Coffee & Milk are provided every Evening
- 2 Any Fruits (seasonal) are given daily in Breakfast
- 3 Vegetable slice Monday to Friday in Lunch.  
Salad provided on Saturdays
- 4 Rice, Red Rice, Rasam, Dhal, Curd/Buttermilk are provided daily for Lunch/Dinner.
- 5 Milk provided every Night

  
**Warden**  
 J.S.S. Medical College  
 Hostel for Women  
 MYSORE-15







**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223323000181



1. Name & Registered Office address of Licensee:  
JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
PG Hostel for Men & Women, JSS Hospital  
Campus, M.G.Road, Agrahara., Mysore,  
Karnataka-570004
2. Address of Authorized Premises:  
JSS Academy of Higher Education & Research,  
PG Hostel for Men & Women, JSS Hospital  
Campus, M.G.Road, Agrahara., Mysore  
Mahanagar Palike I Circle, Mysore,  
Karnataka-570004
3. Kind of Business:  
Food Services - Club/Canteen
4. Dairy Business Details:  
No
5. Category of License:  
State License

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

**Designated Officer**

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ  
ಮೈಸೂರು

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223323000181

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000154**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
PG Hostel, JSS Medical Institutions Campus, Sri  
Shivarathreeshwara Nagara,, Mysore,  
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
PG Hostel, JSS Medical Institutions Campus, Sri  
Shivarathreeshwara Nagara,, Mysore  
Mahanagar Palike II Circle, Mysore,  
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 27-03-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

**Designated Officer**

*R. M.*

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ  
ಮೈಸೂರು

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000154

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000153**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Men, JSS Medical Institutions  
Campus, Sri Shivarathreeswara Nagara,  
Mysore. , Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Men, JSS Medical Institutions  
Campus, Sri Shivarathreeswara Nagara,  
Mysore. , Mysore Mahanagar Palike II Circle,  
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

**Designated Officer**

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
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ಮೈಸೂರು



Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000153

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	14 - Beverages, excluding dairy products
2	16 - Prepared Foods



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000152**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Women, JSS Medical Institutions,  
Shivarathreeshwara Nagara, Mysuru., Mysore,  
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Women, JSS Medical Institutions,  
Shivarathreeshwara Nagara, Mysuru., Mysore  
Mahanagar Palike II Circle, Mysore,  
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: State License

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

**Designated Officer**

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ  
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**Annexures:**

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4. Conditions Of License

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000152**

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products





**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000151**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Women ('D' Block), JSS Institutions  
Campus, Shivarathreeshwara Nagara, Mysuru.,  
Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Women ('D' Block), JSS Institutions  
Campus, Shivarathreeshwara Nagara, Mysuru.,  
Mysore Mahanagar Palike II Circle, Mysore,  
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: State License

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

Designated Officer

*R. H.*

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಂಕ್ಷಿ,  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ,  
ಮೈಸೂರು

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000151

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000150**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Women, JSS College of Pharmacy  
Campus, Sri Shivarathreeshwara Nagara,  
Mysuru., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Women, JSS College of Pharmacy  
Campus, Sri Shivarathreeshwara Nagara,  
Mysuru., Mysore Mahanagar Palike II Circle,  
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

**Designated Officer**

*R. M.*

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು

**Annexures:**

1. Product Annexure
2. Validity Annexure
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4. Conditions Of License



Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000150**

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000149**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy Of Higher Education & Research,  
Hostel for Men, JSS College of Pharmacy  
Campus, Sri Shivarathreeshwara Nagara,  
Mysore., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy Of Higher Education & Research,  
Hostel for Men, JSS College of Pharmacy  
Campus, Sri Shivarathreeshwara Nagara,  
Mysore., Mysore Mahanagar Palike II Circle,  
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 04-04-2024 (Renewal License)

Valid Upto: 04-05-2027 (For details, refer Annexure)

**Designated Officer**

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ  
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**Annexures:**

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Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000149

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products



# JSS Academy of Higher Education & Research

(Deemed to be AHER)

Accredited "A+" Grade by NAAC



No: JSSAHER/REG/GAD-I(1)/FSSAI/215/2017-18/2641

Date: 05.06.2023

## CIRCULAR

**Sub: - Forwarding of License Certificate issued by FSSAI - Reg.**

**Ref: - Approved by the Vice Chancellor vide para (159) in the O/n.**

Please find the enclosed copy of the FSSAI License Certificate availed from FSSAI, GOK as per the Food Safety and Standards Act 2006 for a period of ONE-year w.e.f. 05.05.2023 to 04.05.2024 at an annual fee of Rs. 2,000/- per registration to all the JSS AHER Hostels at Mysuru. The details of License Certificate issued by FSSAI are as stated below:

No.	Details of License	Fee Paid	Fee Rt. & Date
A	Modification Charges	1,000.00	20220825103898083, dt 25.08.2022
I	<b>JSSAHER - College of Pharmacy Campus, Mysuru</b>		
1	JSSAHER Hostel for Men <i>License No.: 11223335000149</i>	1,000.00	1519561410724975, dt 21.04.2023
		1,000.00	11591233961971648, dt 05.05.2023
2	JSSAHER Hostel for Women <i>License No.: 11223335000150</i>	1,000.00	11410019065427938, dt 03.05.2023
		1,000.00	11592540199245289, dt 05.05.2023
II	<b>JSSAHER - Medical Institutions Campus, Mysuru</b>		
3	JSSAHER Hostel for Women - D Block <i>License No.: 11223335000151</i>	1,000.00	11413094495183234, dt 03.05.2023
		1,000.00	11591936807934274, dt 05.05.2023
4	JSSAHER Hostel for Women - Mess Block <i>License No.: 11223335000152</i>	1,000.00	11414975903291918, dt 03.05.2023
		1,000.00	11591826617836860, dt 05.05.2023
5	JSSAHER Hostel for Men <i>License No.: 11223335000153</i>	1,000.00	11491635216684346, dt 04.05.2023
		1,000.00	11592463275679624, dt 05.05.2023
6	JSSAHER PG Hostel (Guest House) <i>License No.: 11223335000154</i>	1,000.00	11495329494881507, dt 04.05.2023
		1,000.00	11593486718576856, dt 05.05.2023

# JSS Academy of Higher Education & Research

(Deemed to be AHER)

Accredited "A+" Grade by NAAC



No.	Details of License	Fee Paid	Fee Rt. & Date
III	JSSAHER – JSS Hospital Campus, Mysuru		
7	JSSAHER PG Resident Hostel License No.: 11223323000181	1,000.00	11498629595681940, Dt 04.05.2023
		1,000.00	11592573233890963, Dt 05.05.2023
TOTAL AMOUNT		15,000.00	

Further, it is advised to display the same (both the side) in the Kitchen and Dining Area at each hostel block and to follow the guidelines laid down by FSSAI without fail.

Meanwhile, it is advised to refund / reimburse a sum of Rs. 2,000/- per registration to JSS AHER A/c as stated at serial no.: 1 – 7 being the initial expenditure borne by JSS AHER and to debit the same under respective head of account of the hostels. However, the expenditure of Rs.1,000/- incurred towards modification charges has been debited under JSS AHER A/c.

Encl: Copy of the respective FSSAI Certificate

  
**REGISTRAR**  


To,

1. The Chief Warden, JSSAHER Hostels for Men and Women, JSSMI Campus, Mysuru
2. The Warden, JSSAHER Hostels for Men and Women, JSSCP Campus, Mysuru
3. The Supervisor, JSSAHER PG Hostel, JSSMI Campus, Mysuru
4. The Warden, JSSAHER Hostels for Men & Women, Off Campus (SLS), Mysuru
5. The Warden, JSSAHER PG Residents Block, JSS Hospital Campus, Mysuru
6. Office copy

## Copy to: -

1. The Finance Officer, JSSAHER, Mysuru
2. The Principal, JSS Medical College, Mysuru
3. The Principal, JSS Dental College & Hospital, Mysuru
4. The Principal, JSS College of Pharmacy, Mysuru
5. The Head, SLS, JSSAHER, Mysuru – Please ensure that the outsourced agency is having valid FSSAI Certification
6. Office Copy



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000153**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Men, JSS Medical Institutions  
Campus, Sri Shivarathreeswara Nagara,  
Mysore. , Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Men, JSS Medical Institutions  
Campus, Sri Shivarathreeswara Nagara,  
Mysore. , Mysore Mahanagar Palike II Circle ,  
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore  
Issued On: 05-05-2023 (New License)  
Valid Upto: 04-05-2024 (For details, refer Annexure)

**Designated Officer**

Date : 05-05-2023 16:37:43  
User Id : 107913  
Verified through Mobile : 86XXXXXX04  
License Grant on : 05-05-2023 13:38:36  
License Issued On : 05-05-2023 16:37:43

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
**ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.**  
**ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.**  
**ಮೈಸೂರು.**

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000153

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	14 - Beverages, excluding dairy products
2	16 - Prepared Foods

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ಬ್ಯಾಂಕ್.  
ಮೈಸೂರು.





**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000152**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Women, JSS Medical Institutions,  
Shivarathreeshwara Nagara, Mysuru., Mysore,  
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Women, JSS Medical Institutions,  
Shivarathreeshwara Nagara, Mysuru., Mysore  
Mahanagar Palike II Circle , Mysore,  
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore  
Issued On: 05-05-2023 (New License)  
Valid Upto: 04-05-2024 (For details, refer Annexure)

**Designated Officer**

Date : 05-05-2023 16:31:43  
User Id : 107913  
Verified through Mobile : 86XXXXXX04  
License Grant on : 05-05-2023 13:37:53  
License Issued On : 05-05-2023 16:31:43

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000152

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000151**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Women ('D' Block), JSS Institutions  
Campus, Shivarathreeswara Nagara, Mysuru.,  
Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Women ('D' Block), JSS Institutions  
Campus, Shivarathreeswara Nagara, Mysuru.,  
Mysore Mahanagar Palike II Circle , Mysore,  
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore

Issued On: 05-05-2023 (New License)

Valid Upto: 04-05-2024 (For details, refer Annexure)

**Designated Officer**

Date : 05-05-2023 16:28:43

User Id : 107913

Verified through Mobile : 86XXXXXX04

License Grant on : 05-05-2023 13:37:10

License Issued On : 05-05-2023 16:28:43

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**

**ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.**  
**ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.**  
**ಮೈಸೂರು.**

**Annexures:**

1. [Product Annexure](#)
2. [Validity Annexure](#)
3. [Non-Form C Annexure](#)
4. [Conditions Of License](#)

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000151

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

*Confidence*  
ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಶಾಖೆ,  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ,  
ಮೈಸೂರು.





**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000154**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
PG Hostel, JSS Medical Institutions Campus, Sri  
Shivarathreeshwara Nagara,, Mysore,  
Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
PG Hostel, JSS Medical Institutions Campus, Sri  
Shivarathreeshwara Nagara,, Mysore  
Mahanagar Palike II Circle , Mysore,  
Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore  
Issued On: 05-05-2023 (New License)  
Valid Upto: 04-05-2024 (For details, refer Annexure)

**Designated Officer**

Date : 05-05-2023 16:40:46  
User Id : 107913  
Verified through Mobile : 86XXXXXX04  
License Grant on : 05-05-2023 13:20:44  
License Issued On : 05-05-2023 16:40:46

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
**ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.**  
**ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.**  
**ಮೈಸೂರು.**

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000154**

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

*Dakshin*  
ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಶಾಖೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000150**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
Hostel for Women, JSS College of Pharmacy  
Campus, Sri Shivarathreeswara Nagara,  
Mysuru., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
Hostel for Women, JSS College of Pharmacy  
Campus, Sri Shivarathreeswara Nagara,  
Mysuru., Mysore Mahanagar Palike II Circle ,  
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore  
Issued On: 05-05-2023 (New License)  
Valid Upto: 04-05-2024 (For details, refer Annexure)

**Designated Officer**

Date : 05-05-2023 16:24:56  
User Id : 107913  
Verified through Mobile : 86XXXXXX04  
License Grant on : 05-05-2023 13:36:23  
License Issued On : 05-05-2023 16:24:56

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**

**ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.**  
**ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.**  
**ಮೈಸೂರು.**

**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000150

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

*Daphnaw*

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.





**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223335000149**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy Of Higher Education & Research,  
Hostel for Men, JSS College of Pharmacy  
Campus, Sri Shivarathreeswara Nagara,  
Mysore., Mysore, Karnataka-570015
2. Address of Authorized Premises: JSS Academy Of Higher Education & Research,  
Hostel for Men, JSS College of Pharmacy  
Campus, Sri Shivarathreeswara Nagara,  
Mysore., Mysore Mahanagar Palike II Circle ,  
Mysore, Karnataka-570015
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore  
Issued On: 05-05-2023 (New License)  
Valid Upto: 04-05-2024 (For details, refer Annexure)

**Designated Officer**

Date : 05-05-2023 16:22:00  
User Id : 107913  
Verified through Mobile : 86XXXXXX04  
License Grant on : 05-05-2023 13:35:36  
License Issued On : 05-05-2023 16:22:00

*(Signature)*



**Annexures:**

1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223335000149

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: **11223323000181**



1. Name & Registered Office address of Licensee: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH  
JSS Academy of Higher Education & Research,  
PG Hostel for Men & Women, JSS Hospital  
Campus, M.G.Road, Agrahara., Mysore,  
Karnataka-570004
2. Address of Authorized Premises: JSS Academy of Higher Education & Research,  
PG Hostel for Men & Women, JSS Hospital  
Campus, M.G.Road, Agrahara., Mysore  
Mahanagar Palike I Circle , Mysore,  
Karnataka-570004
3. Kind of Business: Food Services - Club/Canteen
4. Dairy Business Details: No
5. Category of License: **State License**

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee.

Place: Mysore  
Issued On: 05-05-2023 (New License)  
Valid Upto: 04-05-2024 (For details, refer Annexure)

**Designated Officer**

Date : 05-05-2023 16:44:07  
User Id : 107915  
Verified through Mobile : 86XXXXXX04  
License Grant on : 05-05-2023 13:18:18  
License Issued On : 05-05-2023 16:44:07

**Annexures:**

1. [Product Annexure](#)
2. [Validity Annexure](#)
3. [Non-Form C Annexure](#)
4. [Conditions Of License](#)

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.

Product Annexure



**Form C**  
**Government of Karnataka**  
**Food Safety and Standards Authority of India**  
**License under FSS Act, 2006**



License Number: 11223323000181

**Kind Of Business: Food Services - Club/Canteen**

Sl.No.	Product(s)
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

**ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು**  
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ.  
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ.  
ಮೈಸೂರು.



# JSS Medical Food Court Service



***“We Value Your Feedback”***