

Healthy and Affordable Food Choices at JSS Academy of Higher Education & Research (JSS AHER)

At JSS Academy of Higher Education & Research (JSS AHER), we are committed to providing our students with accessible, nutritious, and affordable meal options on campus. Our dining program prioritizes health, quality, and diversity, allowing students to maintain balanced diets that support their well-being and academic success. Here's a closer look at our commitment to quality, variety, and sustainability in campus dining.

1. Commitment to Nutritional Value, Quality, and Affordability

All food at JSS AHER hostels is prepared by in-house culinary staff who adhere to the high standards of the Food Safety and Standards Authority of India (FSSAI). Meals are entirely vegetarian, featuring a balanced variety of grains, pulses, and fresh vegetables. In collaboration with the Nutrition and Dietetics (N&D) department, the hostel administration regularly reviews and updates the menu to ensure that it meets dietary needs and promotes overall health.

- **Affordable Pricing:** Daily meal costs range from ₹75 to ₹150, with an average of ₹132, covering multiple beverages, a snack, breakfast, lunch, and dinner. Hostel residents pay an annual fee of ₹40,000 (about ₹110 per day), a cost-effective alternative to external dining options.



2. Diverse Menu Offerings

Our menu caters to a wide range of dietary needs and preferences, supporting students' health and well-being through thoughtfully planned, nutritious meals. Below is a sample of our menu offerings for the JSS Medical College Boys Hostel during January 2024:

Day	Breakfast	Lunch	Evening Snacks	Dinner
Monday	Coffee + Tea + Badam Milk, Idli + Vada + Sambar	Methi Chapati + Dry Aloo Palya + Vegetable Dal	Paneer Patties + Nimbu Paani	Chapati + Paneer Burji + Rice + Rasam + Papad
Tuesday	Coffee + Tea + Badam Milk, Vegetable Shavige Bath	Palak Chapati + Rajma + Seasoned Rice + Papad	Baby Corn Pepper Dry	Chapati + Mixed Vegetable Palya + Rice + Soppin Sambar
Wednesday	Coffee + Tea + Badam Milk, Akki Roti + Chutney	Chapati + Veg Kofta + Drumstick Sambar + Rice	Masala Corn, Aloo Paratha + Curd	Jeera Rice + Moong Dal
Thursday	Coffee + Tea + Badam Milk, Vangibath + Chutney	Chapati + Bhendi Palya + Rice + Dal Curry	Veg Roll + Nimbu Paani	Methi Chapati + Rajma + Puliyogre
Friday	Coffee + Tea + Badam Milk, Masala Dosa + Aloo Palya	Chapati + Beetroot Palya + Rice + Sprouted Green Gram Sambar	Palak Pakoda	Chapati + Dal Makhani + Vegetable & Mushroom Fried Rice
Saturday	Coffee + Tea + Badam Milk, Pongal + Chutney	Chapati + Soya Curry + Rice + Radish Sambar	Plum Cake	Ragi Ball + Horse Gram Sambar + Curd Rice
Sunday	Coffee + Tea + Badam Milk, Rava Idli + Vegetable Sagu	Chole Bhatura + Seasoned Curd Rice + Payasa	Vada Pav	Paneer Paratha + Ghee Rice + Alu Peas Curry

Suggested Image: Colorful buffet-style presentation of various vegetarian dishes, emphasizing fresh ingredients.



3. Special Dietary Accommodations

We recognize and cater to diverse dietary preferences, including:

- **Vegetarian Options:** All meals are vegetarian, offering a wide array of balanced, protein-rich dishes.
- **Vegan Choices:** Dishes like vegetable shavige bath and sambar provide vegan-friendly options.
- **Gluten-Free Selections:** Gluten-sensitive students can enjoy dishes like akki roti.
- **Organic Choices:** We prioritize the use of fresh, locally sourced vegetables, ensuring high nutritional quality.

Suggested Image: Individual plates showcasing vegan, gluten-free, and organic meal options.

4. Quality of Ingredients

JSS AHER is committed to using fresh, locally sourced ingredients. This approach not only ensures high nutritional quality but also supports local farmers, reduces transportation impact, and promotes sustainability.

- **Daily Offerings:** Seasonal fruits like watermelon, bananas, and papaya are offered during breakfast and lunch. Fresh salads (cucumber, carrot, beetroot, etc.) accompany lunch and dinner daily.

Suggested Image: Farmers delivering fresh produce to campus kitchens or a spread of seasonal fruits and vegetables.

5. Nutritional Transparency

We prioritize nutritional transparency to empower students to make informed dietary choices. Nutritional information is available for various menu items, helping students understand the caloric and nutritional content of their meals.

Sample Nutritional Breakdown:

Item	Calories	Protein (g)	Carbohydrates (g)	Fat (g)
Aloo Paratha	264 kcal	4.75 g	38.17 g	10.76 g
Upma	108.4 kcal	3.12 g	16.57 g	3.03 g
Dal	68 kcal	3.40 g	8.12 g	1.67 g
Rajmah Curry	60.68 kcal	2.95 g	6.54 g	1.53 g

Suggested Image: Example of a meal tray with clearly labeled nutritional information for each item.

6. Encouragement of Healthy Choices

Through our transparent labelling and diverse menu, JSS AHER fosters a culture of health awareness. Nutritional information promotes conscious eating habits, encouraging students to prioritize their well-being.

Suggested Image: Students dining together with visible nutritional posters on the walls promoting healthy eating tips.

7. Sustainable Practices and Locally Sourced Ingredients

Our institution prioritizes sustainable food practices:

- **Locally Sourced Ingredients:** By sourcing fresh, seasonal produce locally, we support farmers and reduce our carbon footprint.
- **On-Campus Kitchen Gardens:** Most of the vegetables required for hostel meals are grown in dedicated kitchen gardens on the campus. These gardens utilize organic compost prepared on-site, turning food and green waste into rich soil

nutrients. This sustainable practice ensures that students receive healthy, organically grown food while reducing dependency on external suppliers.

- **Biogas Plant:** Food waste is converted into renewable energy using biogas plants on campus.

Biogas Plant Capacities:

- **200 kg** at JSS Medical Institutions (JSS MI) campus.
- **50 kg** at JSS College of Pharmacy, Mysuru (JSSCPM).

The biogas generated is used as clean energy for cooking, helping to lower costs and minimize emissions.



8. Sustainable Practices and Locally Sourced Ingredients

Our institution prioritizes sustainable food practices:

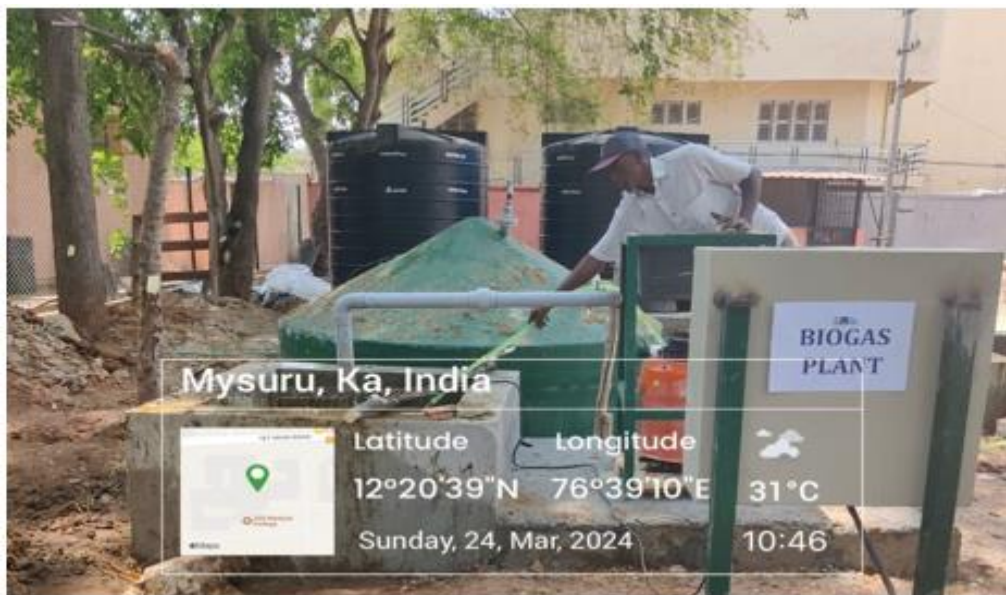
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9. Leftover Food Management and No-Landfill Policy

To minimize environmental impact, JSS AHER has implemented a no-landfill policy. Remaining food waste is donated to local pig farms, contributing to sustainable waste management and avoiding landfilling. Food waste is also collected, weighed, and composted at Gudalur, The Nilgiris.



The Food waste generated are weighed and carried in drums and subjected to composting at Gudalur, The Nilgiris.

Conclusion

JSS Academy of Higher Education & Research is dedicated to fostering a healthy campus environment by offering a wide variety of nutritious and affordable food choices. Our balanced menu, fresh ingredients, nutritional transparency, and commitment to sustainability create a holistic food program that supports student well-being and environmental responsibility.

Nutritional Composition of Food Provided at JSSAHER Hostels**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	Toast Bread	Butter (1tbsp)	Poha	Aloo Paratha	Curd	Tomato Curry
Energy (Kcal)	437.00	112	108.40	427.0	124	278	293	293	409.0	264	59.0	18
Protein (Gm)	10.40	1.95	3.12	6.0	22.48	0.4	9	9	7.6	4.75	3.80	1
Carbohydrate (Gm)	63.50	11.27	16.57	85.0	0.0	69	54.4	54.4	70.0	38.17	4.30	4
Total Fat (Gm)	15.70	2.38	3.03	7.0	3.08	0.1	4	4	10.9	10.76	3.0	0.01
Total Dietary Fiber (Gm)	3.90	0.4	3.06	1.40	0.0	1.1	2.5	2.5	2.5	3.3	0	0.7
Total Free Sugars (Gm)	3.40	8.8	1.07	40.0	0.0	49	4.74	4.74	2	4.63	1.3	2.5
Sodium (Mg)	1232.20	481	4.11	290.0	381	32	5.92	5.92	1470	477	371	11
Calcium (Mg)	153.50	27	14.9	8.6	4	20.00	119	119	9	30	137	11.00
Iron (Mg)	3.70	0.85	0.87	0.9	1.23	0.49	3.33	3.33	1.00	2.65	0.2	0.68

Nutrient Name	Nutritive Value											
	Akki Roti	Rava Idli	Masala Dosa	Poori	Idli	Chut-ney	Aloo Curry	Sambar	Vada	Tea (100ml)	Coffee (100ml)	Milk (100ml)
Energy (Kcal)	196	404.0	239.84	296	133.1	837.67	96	63.61	133.1	17	17	62
Protein (Gm)	2.4	10	7.70	7.54	4.07	3.61	2.34	3.15	4.07	0.52	0.18	3.32
Carbohydrate (Gm)	32	73	49.4	46.73	27.69	7.01	17.52	10.38	27.69	2.8	4.04	4.66
Total Fat (Gm)	5.2	8.0	0.59	9.43	0.30	17.58	2.89	0.85	0.30	0.46	0.08	3.35
Total Dietary Fiber (Gm)	1.0	4.25	4.18	4.7	2.14	5.61	3.6	1.96	2.14	0	0	0
Total Free Sugars (Gm)	0	5.7	0.48	0.21	0.6	2.51	1.28	1.76	0.6	2.72	3.7	5.42
Sodium (Mg)	196	860.0	4.73	685	2.38	5.31	440	6.96	2.38	8	3	41
Calcium (Mg)	39.6	29.8	13.48	17	6.77	12.66	61	19.41	6.77	18	6	117
Iron (Mg)	0.2	1	1.12	2.68	0.56	1.19	3.59	0.89	0.56	0.01	0.04	0.03

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	Dal	Pulao	Raita	Rice	Rasam	Mush-room curry	Rajmah Curry	Moong Curry	Meal Maker Curry	Chole Bature
Energy (Kcal)	170	68.00	110.53	58	351.91	42.56	56	60.68	57.48	337	427K
Protein (Gm)	5.84	3.40	2.7	3	7.81	1.73	3.12	2.95	3.19	49	10.8
Carbohydrate (Gm)	32.5	8.12	20.07	5	76.8	5.10	5.1	6.54	6.02	36	50.3
Total Fat (Gm)	1.55	1.67	1.33	7.21	0.55	1.13	0.22	1.53	1.37	2.4	20.1
Total Dietary Fiber (Gm)	1.2	1.90	1.99	0.5	3.74	1.35	2.1	2.98	1.76	12	12
Total Free Sugars (Gm)	0.65	1.01	1.19	5.09	0.67	1.81	3.5	1.18	0.82	8	9.2
Sodium (Mg)	138	4.77	6.34	372	3.16	4.35	103.9	3.99	3.78	3	16.2
Calcium (Mg)	21	17.15	13.3	85.7	8.11	17.97	3	24.84	11.53	244.0	118
Iron (Mg)	2.03	0.92	0.45	0.4	0.72	0.72	0.5	1.17	0.72	13.70	2.8

Nutrient Name	Nutritive Value						
	Beetroot Palya	Cabbage Palya	Beans Palya	Carrot Palya	Heerekayi Palya	Huruli Palya	Buttermilk
Energy (Kcal)	104.71	73.37	107.44	61	13.15	329.90	62
Protein (Gm)	2.83	1.95	2.73	1.1	0.91	21.73	3.2
Carbohydrate (Gm)	7.62	6.19	2.89	6.5	1.40	48.31	4.9
Total Fat (Gm)	6.80	3.02	8.88	3.9	0.14	0.62	3.3
Total Dietary Fiber (Gm)	4.90	3.29	5.31	1.6	1.81	7.88	0
Total Free Sugars (Gm)	5.04	1.06	1.78	3.1	0.62	0.35	4.9
Sodium (Mg)	68.72	14.97	9.13	317	4.71	12.14	105
Calcium (Mg)	23.06	51.6	50.98	33	13.70	269.00	115.00
Iron (Mg)	1.09	0.73	1.23	0.30	0.42	8.76	0.03

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	Pav Bhaji	Papad
Energy (Kcal)	121.49	18	150	188.0	109.47	164.0	163	79	400	371K
Protein (Gm)	6.37	1.57	2	3	2.7	6.1	4.7	2.6	9.4	26
Carbohydrate (Gm)	3.32	3.55	22	19.99	13.2	31.8	31	14.2	57.9	60
Total Fat (Gm)	9.13	0.23	10.1	10.65	6	2.7	2.3	1	14.5	3.3
Total Dietary Fiber (Gm)	0.89	0.9	1.1	0.67	3.9	5.6	1.1	0.1	4.5	19
Total Free Sugars (Gm)	1.0	0.43	0.3	0.9	1	1.4	0.4	0	1.7	0
Sodium (Mg)	2.07	5	7.9	0.6	12	418	396	4.2	170.5	1745
Calcium (Mg)	207.63	30.3	9.8	11.3	50.98	28.4	19	32.2	70.2	143.00
Iron (Mg)	0.93	0.6	0.3	0.4	1.12	1.9	1.39	0.5	2.2	7.80

Nutrient Name	Nutritive Value					
	Jalebi	Gulab Jamun	Watermelon	Orange	Papaya	Banana
Energy (Kcal)	300	410.0	30	97	43	89
Protein (Gm)	4.19	6.58	0.6	0.9	0.5	1.1
Carbohydrate (Gm)	62.36	68.1	7.6	13	11	23
Total Fat (Gm)	4.31	0.40	0.2	0.2	0.3	0.3
Total Dietary Fiber (Gm)	1	12.36	0.4	2.2	1.7	2.6
Total Free Sugars (Gm)	42.77	52.01	6.2	8.5	7.8	12
Sodium (Mg)	146	110	1	1	8	1
Calcium (Mg)	131	221	7.00	43.00	20.00	5.00
Iron (Mg)	0.72	0.37	0.24	0.13	0.25	0.26

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

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

Nutrient Name	Nutritive Value						
	Masala Dosa	Sambar	Chutney	Poori	Aloo curry	Poha	Tomato curry
Energy	239.84kcal	63.61Kcal	837.67Kcal	296kcal	96Kcal	409.0kcal	18Kcal
Protein	7.70g	3.15g	3.61g	7.54g	2.34g	7.6g	1g
Carbohydrate	49.4g	10.38g	7.01g	46.73g	17.52g	70.0g	4g
Total Fat	0.59g	0.85g	17.58g	9.43g	2.89g	10.9g	0.01g
Total Dietary Fiber	4.18g	1.96g	5.61g	4.7g	3.6g	2.5g	0.7g
Total Free Sugars	0.48g	1.76g	2.51g	0.21g	1.28g	2g	2.5g
Sodium	4.73mg	6.96mg	5.31mg	685mg	440mg	1470mg	11mg
Calcium	13.48mg	19.41mg	12.66mg	17mg	61mg	9mg	11.00mg
Iron	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
Energy	404.0kcal	196Kcal	293Kcal	293Kcal	59.0Kcal	264kcal	133.1kcal	133.1kcal
Protein	10g	2.4g	9g	9g	3.80g	4.75g	4.07g	4.07g
Carbohydrate	73g	32g	54.4g	54.4g	4.30g	38.17g	27.69g	27.69g
Total Fat	8.0g	5.2g	4g	4g	3.0g	10.76g	0.30g	0.30g
Total Dietary Fiber	4.25g	1.0g	2.5g	2.5g	0g	3.3g	2.14g	2.14g
Total Free Sugars	5.7g	0.g	4.74g	4.74g	1.3g	4.63g	0.6g	0.6g
Sodium	860.0mg	196mg	5.92mg	5.92mg	371mg	477mg	2.38mg	2.38mg
Calcium	29.8mg	39.6mg	119mg	119mg	137mg	30mg	6.77mg	6.77mg
Iron	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
Energy	170Kcal	337Kcal	104.71Kcal	68.00Kcal	351.91Kcal	42.56Kcal	62Kcal
Protein	5.84g	49g	2.83g	3.40g	7.81g	1.73g	3.2g
Carbohydrate	32.5g	36g	7.62g	8.12g	76.8g	5.10g	4.9g
Total Fat	1.55g	2.4g	6.80g	1.67g	0.55g	1.13g	3.3g
Total Dietary Fiber	1.2g	12g	4.90g	1.90g	3.74g	1.35g	0g
Total Free Sugars	0.65g	8g	5.04g	1.01g	0.67g	1.81g	4.9g
Sodium	138mg	3mg	68.72mg	4.77mg	3.16mg	4.35mg	105mg
Calcium	21mg	244.0mg	23.06mg	17.15mg	8.11mg	17.97mg	115.00mg
Iron	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
Energy	56kcal	73.37Kcal	60.68Kcal	61Kcal	107.44Kcal	57.48Kcal	427Kcal
Protein	3.12g	1.95g	2.95g	1.1g	2.73g	3.19g	10.8g
Carbohydrate	5.1g	6.19g	6.54g	6.5g	2.89g	6.02g	50.3g
Total Fat	0.22g	3.02g	1.53g	3.9g	8.88g	1.37g	20.1g
Total Dietary Fiber	2.1g	3.29g	2.98g	1.6g	5.31g	1.76g	12g
Total Free Sugars	3.5g	1.06g	1.18g	3.1g	1.78g	0.82g	9.2g
Sodium	103.9mg	14.97mg	3.99mg	317mg	9.13mg	3.78mg	16.2mg
Calcium	3mg	51.6mg	24.84mg	33mg	50.98mg	11.53mg	118mg
Iron	0.5mg	0.73mg	1.17mg	0.30mg	1.23mg	0.72mg	2.8mg

Nutrient Name	Nutritive Value			
	Heerekayi Palya	Huruli Palya	Pulao	Raita
Energy	13.15kcal	329.90Kcal	110.53Kcal	58Kcal
Protein	0.91g	21.73g	2.7g	3g
Carbohydrate	1.40g	48.31	20.07g	5g
Total Fat	0.14g	0.62g	1.33g	7.21g
Total Dietary Fiber	1.81g	7.88g	1.99g	0.5g
Total Free Sugars	0.62g	0.35g	1.19g	5.09g
Sodium	4.71mg	12.14mg	6.34mg	372mg
Calcium	13.70mg	269.00mg	13.3mg	85.7mg
Iron	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
Energy	121.49kcal	18Kcal	150Kcal	188.0Kcal	109.47Kcal	164.0Kcal	163Kcal	79Kcal
Protein	6.37g	1.57g	2g	3g	2.7g	6.1g	4.7g	2.6g
Carbohydrate	3.32g	3.55g	22g	19.99g	13.2g	31.8g	31g	14.2g
Total Fat	9.13g	0.23g	10.1g	10.65g	6g	2.7g	2.3g	1g
Total Dietary Fiber	0.89g	0.9g	1.1g	0.67g	3.9g	5.6g	1.1g	0.1g
Total Free Sugars	1.0g	0.43g	0.3g	0.9g	1g	1.4g	0.4g	0g
Sodium	2.07mg	5mg	7.9mg	0.6mg	12mg	418mg	396mg	4.2mg
Calcium	207.63mg	30.3mg	9.8mg	11.3mg	50.98mg	28.4mg	19mg	32.2mg
Iron	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
Energy	400kcal	300Kcal	410.0Kcal	371Kcal	43Kcal	89Kcal	30Kcal	97Kcal
Protein	9.4g	4.19g	6.58g	26g	0.5g	1.1g	0.6g	0.9g
Carbohydrate	57.9g	62.36g	68.1g	60g	11g	23g	7.6g	13g
Total Fat	14.5g	4.31g	0.40g	3.3g	0.3g	0.3g	0.2g	0.2g
Total Dietary Fiber	4.5g	1g	12.36g	19g	1.7g	2.6g	0.4g	2.2g
Total Free Sugars	1.7g	42.77g	52.01g	0g	7.8g	12g	6.2g	8.5g
Sodium	170.5mg	146mg	110mg	1745mg	8mg	1mg	1mg	1mg
Calcium	70.2mg	131mg	221mg	143.00mg	20.00mg	5.00mg	7.00mg	43.00mg
Iron	2.2mg	0.72mg	0.37mg	7.80mg	0.25mg	0.26mg	0.24mg	0.13mg



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
ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯಿದೆ
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



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
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: **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
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



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
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: 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	JSSAHER - College of Pharmacy Campus, Mysuru		
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	JSSAHER - Medical Institutions Campus, Mysuru		
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 ವ್ಯಾಪ್ತಿ.
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 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: 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”



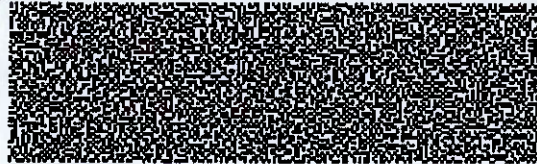
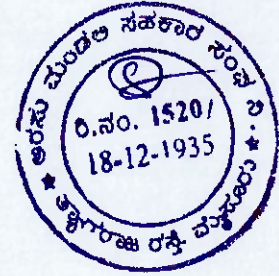
सत्यमेव जयते

INDIA NON JUDICIAL

Government of Karnataka

e-Stamp

Certificate No. : IN-KA65444737528999V
Certificate Issued Date : 11-Dec-2023 10:34 AM
Account Reference : NONACC (FI)/ kacrsf108/ MYSORE SOUTH3/ KA-MY
Unique Doc. Reference : SUBIN-KAKACRSFL0898189906882049V
Purchased by : PRADEEP KUMAR C
Description of Document : Article 12 Bond
Description : AGREEMENT
Consideration Price (Rs.) : 0
 (Zero)
First Party : PRADEEP KUMAR C
Second Party : REGISTRAR JSS AHER MYSURU
Stamp Duty Paid By : PRADEEP KUMAR C
Stamp Duty Amount(Rs.) : 200
 (Two Hundred only)



Please write or type below this line

JSSAHER Food Court Service Agreement Executed on 11.12.2023 between

The Registrar, JSS Academy of Higher Education & Research (JSS AHER), JSS Institutions Campus, Sri Shivarathreeshwara Nagara, Mysuru hereinafter called as the 1st party.

AND

Mr. Pradeep Kumar C, Proprietor, M/s. Shivadarshini Cafe, Mysuru, # 86, Chamundi Pada Road, Opposite to JSS College, Ooty Road, Mysuru hereafter called as 2nd party who has established business in the JSS Medical Institutions Campus, SS Nagara, Mysuru and will be responsible to run, manage, develop and providing the varieties of vegetarian food to meet the requirement of JSS AHER and its constituent colleges.

For Jss Foodcourt

Statutory Alert:

1. This document is a legal document and it is not to be used for any other purpose.
 2. The use of this document is on the basis of the e-Stamp.
 3. The use of this document is on the basis of the e-Stamp.

Pradeep
 Proprietor

REGISTRAR
 Academy of Higher Education & Research
 Sri Shivarathreeshwara Nagara,
 570 015

DURATION OF THE AGREEMENT:

This agreement is initially **valid for a period of one year from 10.10.2023 to 09.10.2024**. The same is likely to be extended further, on satisfactory performance of service and mutually agreed terms & conditions in writing.

NOW THIS DEED WITNESSETH: -

That the 1st Party is the absolute owner of the scheduled property, situated in the heart of the JSSMI Campus. The Food Court measuring 6841.89 sft. or 635.73 sq.mts. is facing the road leading to student's hostel and the area / drawings are fully described in the schedule to this Deed and annexed as **Annexure - A** (Total No. of Pages 3).

That the 2nd Party desires to establish their services in the "Food Court" situated in the 1st party's campus and both the parties have mutually agreed for the following terms and conditions: -


1. OBJECTIVE:

The 2nd Party shall provide vegetarian food stuff (*north / south / Chinese...*) and bakery / ice cream products in the earmarked area duly ensuring hygiene, taste, quality, quantity, and safety of the food at all point of time in the scheduled premises of the 1st Party on the lines of FSSAI.

- (a) Rate list of eatables shall invariably be displayed in food court at the earmarked area with approved rate list.
- (b) Shall serve the food to the administrative staff at 10% discount.
- (c) Feedback mechanism shall be encouraged / ensured.

2. RENT:

The 2nd party shall pay a **monthly rent of Rs. 50,000/- [Fifty thousand only + GST] plus GST as applicable on or before 5th of every month as agreed upon**. This will be in force for a period of 1 year and extendable for one more year on review of previous performance. There will be an annual increase in the rent & the same shall be finalized on completion of one year on mutual agreement.

For Jss Foodcourt

Proprietor


REGISTRAR
JSS Academy of Higher Education & Research
Sri Shivarathreeswara Nagara,
Mysuru-570 015
Page 2 of 7

3. **FURNITURE, FIXTURES AND KITCHEN EQUIPMENTS:**

Agreed kitchen equipment's and furniture's shall be provided by the 1st Party to the use of the 2nd Party and its maintenance / AMC shall be the responsibility of the 2nd Party.

The list of kitchen equipment's and fittings provided by the 1st Party is annexed as **Annexure – B** (Total No. of Pages 4).

The list of furniture provided by the 1st Party is annexed as **Annexure – C** (Total No. of Pages 1)

- i. Fixtures / Signage's of the University desired to display in the food court area shall be provided by the 1st Party. The 1st Party may utilize the food court area for student activities as well as to promote the various activities of the University and its constituent colleges with prior intimation.
- ii. Signages of the 2nd Party are allowed only in 2 areas (*serving area and bakery counter*) earmarked for the purpose. Only the approved signages (*in writing*) of the 2nd Party shall be allowed for display in the food court.

4. **PAYMENT OF WATER & ELECTRICITY CHARGES:**

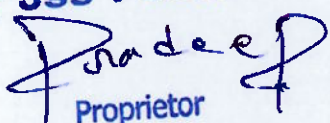
The 2nd party shall pay electricity & water charges towards consumption of the same including the first floor on receipt of the bill **based on the meter reading on or before 5th of every month.**

5. **PENALTY**

The 1st party reserves the right to levy 2% interest on delayed payment of rent, water and electricity charges.

6. **PAYMENT OF SECURITY DEPOSIT:**

- i. The 2nd party shall deposit a sum of Rs. 5,00,000/- as security to furniture and kitchen equipment's etc., of the 1st party. The deposit shall carry no interest and refundable on the termination of the agreement
- ii. It is the responsibility of the 2nd Party to keep all the kitchen equipment's and furniture in good working condition. In this connection, the 2nd Party shall go for maintenance / servicing and regular AMC keeping informed to the 1st Party.
- iii. The 1st party is at liberty to deduct any amount due towards the rent, damages etc., out of the security deposit.

For Jss Foodcourt

Proprietor


REGISTRAR
Academy of Higher Education & Research
Sri Shivarathreeswara Nagara,
Mysuru-570 015
Page 3 of 7

7. All serving items, vessels, plates, glasses etc., shall be procured by the 2nd Party at his own cost duly ensuring good quality.

8. DAMAGES:

- i. If the items/physical infrastructure provided is damaged/lost will be at the responsibility of the 2nd party and the 1st party will be at the liberty to recover the damages caused to the items provided including to the physical infrastructure through the security deposit if it is not suitably replaced/reconditioned.
- ii. The 2nd party shall bear the cost towards replacement of all electrical and plumbing items/equipment's due to wear and tear during the contract period and at the end of the contract.
- iii. All kinds of maintenance of the building and cleaning of the kitchen including the painting to be done by the 2nd Party at their own cost as & when required or soon after the completion of the tenure / vacating the premises.

9. OWNERSHIP OF THE BUILDING:

1st party is the sole owner of the property. The 2nd party shall not sub-let the premises or transfer his business under this agreement to anybody without consent in writing by the 1st party.

10. STATUTORY COMPLIANCE:

It is the obligation of the 2nd party to comply with all the statutory requirements in orders to run his business as and when required for the time being in force.

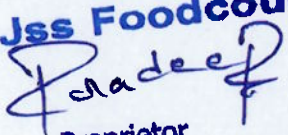
FSSAI certificate shall be produced and shall have validity and Food court shall be maintained on the specified lines.

11. STATUTORY RESPONSIBILITY:

It shall be the responsibility of the 2nd Party to provide pay/perks and comply with all statutory obligations like PF, ESI, FSSAI... as per the prevailing rules. All the issues related to the personnel of the 2nd Party shall be addressed by the 2nd Party itself.

12. SERVICE & MAINTENANCE PERSONNEL:

- i. The 2nd party shall utilize the area for providing food services to JSSAHER & its units only and shall maintain the Food Court clean & tidy. The toilets / washrooms shall be washed daily on hourly basis using disinfection solution.

For Jss Foodcourt

Proprietor


REGISTRAR
JSS Academy of Higher Education & Research
Sri Shivarathreeswara Nagara,
Page 4 of 7

- ii. The 2nd party shall have its own arrangements duly appointing maintenance staff *(like supervisors, cooks/helpers, cleaning staff...)* for providing the service and maintenance at the food court. The personnel appointed by the 2nd Party to the Food Court be provided with clean uniform / cloths, aprons and head gears which must be always worn in the Food Court premises. They shall be provided with ID duly issued by the 2nd party and shall maintain campus discipline. The list of deployed personnel shall be shared to the 1st party for ensuring the campus discipline. The change in the personnel be intimated immediately in writing.
- iii. The personal details / files of all the personnel deployed in the premises shall be handed over to the 1st Party and suitable pass to be obtained from the 1st Party to enter the campus. The antecedents of the personnel be thoroughly checked and health screening to be got it done before deployment and periodically the 2nd Party shall avoid deploying personnel previously worked in the 1st Party's campus with the previous service provider.
- iv. Campus guidelines shall be stringently followed by the personnel of 2nd party.

Landscaping done by the 1st party near the Food Court shall be always maintained by the 2nd party with their personnel.

13. **OPERATIONAL TIME:**

The Food Court shall be operational from 8.00 am to 8.00 pm. The main kitchen or the bakery counter can be closed once in fortnight *(on Sunday's)* for cleaning purpose on alternative basis *(i.e., shall ensure that either the main food area or bakery counter shall be operational to cater to the minimum requirement of the campus).*

Any contract items like refrigerator, coffee vending machine, deep freezer . . . procured by the 2nd party shall be intimated to the 1st party in writing with details of terms of reference and seek acknowledgement / permission. It is always the responsibility of the 2nd party to be abide to the respective terms of reference and to the campus discipline.

14. **REVIEW & FEEDBACK:**

- i. Officers of the 1st party shall be at liberty to inspect the premises during the operational hours of the food court to ensure compliance of the terms of this agreement.
- ii. **Feedback:** The 2nd party shall maintain a feedback mechanism registers / forms / **QR Code** *(as per the established procedure of the Academy)* and the flagged issues shall be resolved on a regular basis. Monthly review meeting to be convened by the 2nd Party inviting the 1st Party in the third week of every month *(preferably Wednesday @ 3 PM)* for reviewing the feedback, food court functionality, upkeep of the

For Jss Foodcourt


Proprietor


REGISTRAR
JSS Academy of Higher Education & Research

premises functionality and to ensure the satisfaction of the stakeholders. Suggestion box shall be opened during the said meeting and encourage the stakeholders to share their feedback in the established format / google form.

15. MEASURES FOR FOOD SAFETY:

The 2nd Party shall maintain the Food Court, on the guidelines of FSSAI and ensure that license is valid all time and all possible food safety measures duly following the below mentioned:

- i. Shall cover the food items as per necessary procedures.
- ii. Shall wash the plates, vessels, drinking glasses hygienically before serving food.
- iii. Shall provide and use filter water for drinking, for cooking and for preparation of juice. Water test report shall be presented by the Resident Engineer periodically / monthly in the meeting.
- iv. Food waste shall be disposed on daily basis at their own cost and registers shall be maintained suitably on food waste / disposed items.
- v. Shall use only FSSAI approved products for food preparation.
- vi. Cooking and serving vessels / cutlery hygiene shall be maintained as per the FSSAI standards.
- vii. Use of plastic is banned.

It is the responsibility of the 2nd Party to keep the food court premises clean & tidy inside as well as outside the radius of 30 ft. all around the food court premises with their personnel.

16. RATES:

The 2nd party shall display the approved rates for eatables and beverages as annexed at Annexure - D to this deed in the area earmarked and share the menu card to the 1st Party. If there are any changes to be made to the rate list; the 2nd Party shall obtain the approval from the 1st Party for implementation in writing.

17. TERMINATION:

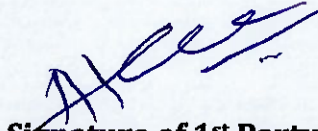
The Agreement/contract may be terminated by issuing three months prior notice by either side. If any un-to-do incident through the 2nd Party is noticed in the premises by the 1st Party; the 2nd Party shall vacate the premises without any prior notice as desired by the 1st Party.

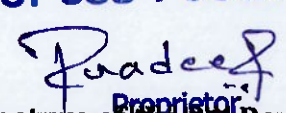
For Jss Foodcourt

Proprietor


REGISTRAR
JSS Academy of Higher Education & Research
Sri Shivarathreshwara Nagara.
Page 6 of 7

In witnesses where of the parties have put their hands to this deed before
the attesting witnesses at Mysuru.


Signature of 1st Party
Registrar
JSS AHER, Mysuru
JSS Academy of Higher Education & Research
Sri Shivarathreeswara Nagara,
Mysuru-570 015

For Jss Foodcourt

Signature of the 2nd Party
Proprietor
M/s. Shivadarshini Cafe, Mysuru

Witnesses

1.
Deputy Registrar (Sr. Grade)
JSS Academy of Higher Education & Research
Sri Shivarathreeswara Nagara,
Mysuru-570 015

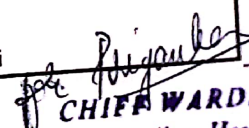
2.

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
MYSORE 570 015



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)
MYSORF 570 015



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, Kesari bath 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:

- 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.



CHIEF WARDEN


J.S.S Medical College Hostels (Women)
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
 J.S.S Medical College Hostels (Women)
 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


CHIEF WARDEN
 J.S.S. Medical College Hostels (Women)
 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



CHIFF WARDEN
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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, Kesaribath 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.


CHIEF WARDEN
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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



CHIEF WARDEN
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 MYSORE 570 015



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	Puliyoggaru, 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


CHIFF WARDEN
 J.S.S Medical College Hostels (Women)
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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

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



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	Puliyogare, 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:

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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

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J.S.S. Medical College Girls (Women)
MYSORE-570 015



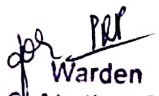
JSS MEDICAL COLLEGE GIRLS HOSTEL (JANUARY 2025)

(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


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 Hostel for Women
 MYSORE-15



JSS MEDICAL COLLEGE GIRLS HOSTEL (JANUARY 2025)

(2nd & 4th WEEK MENU)

DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	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
Tuesday	Uttapam, Sambar, Chutney Sprouts, muesli	Dum Aloo curry, Jeera Rice Molake Kaal Sambar, Beetroot Palya, Methi Chapathi	Gobi Manchurian	Pav Bhaji Ice Cream
Wednesday	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
Thursday	Rava Idli, Tomato Curry, Chutney Chocos, Sprouts	Mushroom Curry Dry Aloo Gobi, Veg Sambar, Palak Chapathi	Bonda Soup	Aloo Paratha, Chutney
Friday	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
Saturday	Masala Dosa, Sambar, Chutney Sprouts, Chutney	Chole bathura, Huruli Sambar & palya, Salad	Samosa Tomato Soup	Chapathi, Mix Veg Curry Mudde, Kaal Sambar Sabudana Kheer
Sunday	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 PPR
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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 - 15



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:

- 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 *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)
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JSS MEDICAL COLLEGE GIRLS HOSTEL (APRIL 2025)

(1ST & 3RD WEEK MENU)

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

Note:

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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

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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  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

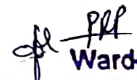
for PRP
Warden
J.S.S. Medical College
Hostel for Women
MYSORE-15



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



Food Menu

W.e.f.Date:- 01-09-2024 (1st Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Idly, Udin Vada, Chutney, Sambar, Tea, Coffee, Milk	Chapati, Aloo Bendi Palya, Rice, Moong Dhal Sambar, Rasam, Pickle, Curd, Butter Milk	Samosa Tea, Coffee, Milk	Vangi Bath, Chutney, Curd Rice with Mixed Fruits
Tuesday	Poori, Aloo curry, Chutney, Tea, Coffee, Milk	Jeera Rice, Toor Dal, Horse gram Sambar, Rasam, Pickle, Curd, Butter Milk, Cucumber	Cream Bun Tea, Coffee, Milk	Onion Dosa, Chutney, Sambar, Rice, Curd, Vegetable Salad
Wednesday	Samiya Upma, Kesari Baath Tea, Coffee, Milk	Palak Chapati, Beetroot Palya, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Biscuit(oreo), Tea, Coffee, Milk	Chapati, Mixed Vegetable Palya, Radish Sambar, Rice, Curd, Seasonal Fruit
Thursday	Lemon Rice, Masala vada, Tea, Coffee, Milk	Chapati, Chana Masala, Mix Vegetable Palya, Rice, Sambar, Pickle, Curd, Butter Milk	Bonda, Tea, Coffee, Milk	Chapati, Black Channa Curry, Rice, Sprouts Sambar, Curd, Ice Cream
Friday	Bread, Jam, Aloo Bonda, Tea, Coffee, Milk	Chapati, Aloo Methi Masala, Cabbage Palya, Rice, Sambar, Pickle, Curd, Butter Milk	Gobi, Tea, Coffee, Milk	Maida Parota, Paneer Masala, Cucumber, Rice, Sambar, Curd,
Saturday	Maggi, Tea, Coffee, Milk	Chapati, Green Peas Curry, Rice, Mixed Veggies Sambar, Pickle, Curd, Butter Milk	Potato Chips, Tea, Coffee, Milk	Tomato bath, Curd Rice with Mixed Fruits
Sunday	Kara Dosa, Alu Palya, Coconut Chutney, Tea, Coffee, Milk	Chapati, Mushroom Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Veg Roll Tea, Coffee, Milk	Ghee Rice, Aloo Kurma, Chilli Bhaji, Banana

Perfectors

1	T. Bhanu Prakash	IV B Pharm	9347236380
2	Balaji	II Pharm D	9751938591
3	Sohan Prasad	I M Pharm	6381617275
4	Tarun. J	II D Pharm	8197632324



Warden
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Men's Hostel
JSS College of Pharmacy
S.S. Nagar, MYSURU-570015



Principal
PRINCIPAL
JSS College of Pharmacy
Sri Shivarathreeshwara Nagar
MYSORE-570 015

Food Menu

W.e.f.Date:- 01-09-2024 (2nd Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Idly, Masala Vada, Chutney, Sambar, Tea, Coffee, Milk	Chapati, Aloo Methi Masala, Rice, Moong dhal Sambar, Rasam, Pickle, Curd, Butter Milk	Samosa Tea, Coffee, Milk	Vegetable Bath, Raitha, Curd Rice Mixed Fruits
Tuesday	Poori, Chana Masala Tea, Coffee, Milk	Jeera Rice, Toor Dal, Horse Gram Sambar, Rasam, Pickle, Curd, Butter Milk, Cucumber	Cream Bun Tea, Coffee, Milk	Onion Dosa, Chutney, Rice, Sambhar, Curd
Wednesday	Rava Upma, Kesari Bath Tea, Coffee, Milk	Palak Chapati, Beetroot Palya, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Biscuit (Burbon), Tea, Coffee, Milk	Mixed Vegetable Pulao, Raitha, Seasonal Fruit
Thursday	Set Dosa, Sambar, Chutney, Tea, Coffee, Milk	Chapati, Chole Masala, Cabbage Palya, Rice, Mixed Vegetable Sambar, Rasam, Pickle, Curd, Butter Milk	Chilli Bajji, Tea, Coffee, Milk	Chapati, Tomato Curry, Tomato Bath, Raitha, Vegetable Salad, Sweet
Friday	Puliyogare, Mangalore Bonda, Tea, Coffee, Milk	Methi Chapati, Mixed Veggies Curry, Rice, Heerekai Sambar, Rasam, Pickle, Curd, Butter Milk	Dilpasand, Tea, Coffee, Milk	Mixed Veggies Fried Rice, Tomato Sauce, Curd Rice Mixed Fruits
Saturday	Bisibile Bath, Kaara Boondi Tea, Coffee, Milk	Chapati, Green Gram Curry, Rice, Soppu dhal Sambar, Rasam, Pickle, Curd, Butter Milk	Banana Chips, Tea, Coffee, Milk	Tomato Bath, Curd Rice Mixed Fruits
Sunday	Masala Dosa, Alu Palya, Chutney, Tea, Coffee, Milk	Chapati, Palak Paneer Curry, Rice, Mixed dhal Sambar, Rasam, Pickle, Curd, Butter Milk	Veg Roll Tea, Coffee, Milk	Ghee Rice, Aloo Kurma, Banana Bajji, Banana Fruits

Perfectors

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S.S. Nagar, MYSURU-570 015



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JSS College of Pharmacy
Sri Shivarathreshwara Nagar
MYSORE-570 015

Food Menu

W.e.f.Date:- 01-09-2024 (3rd Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Idly, Mangalore Bonda, Chutney, Sambar, Tea, Coffee, Milk	Methi Chapati, Aloo Bendi Palya, Rice, Mixed Veggies Sambar, Rasam, Pickle, Curd, Butter Milk	Samosa, Tea, Coffee, Milk	Vangi Bath, Chutney, Curd Rice with Fruits
Tuesday	Poori, Aloo curry, Chutney, Tea, Coffee, Milk	Jeera Rice, Toor Dal, Horse Sambar, Rasam, Pickle, Curd, Butter Milk, Cucumber	Cream Bun, Tea, Coffee, Milk	Rice, Chapati, Alasande Sambar, Mixed Vegetable Palya, Curd
Wednesday	Samiya Upma, Kesari Baath Tea, Coffee, Milk	Chapati, Aloo Methi Masala, Rice, Moong dhal Sambar, Beetroot Palya, Rasam, Pickle, Curd, Butter Milk	Biscuit (Good Day), Tea, Coffee, Milk	Chapati, Chole curry, Jeera rice, Curd, Seasonal Fruit
Thursday	Lemon Rice, Masala vada, Tea, Coffee, Milk	Chapati, Channa Masala, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Bonda Tea, Coffee, Milk	Moong dhal Dose, Pudina Chutney, Curd Rice, Fruits Salad
Friday	Bread, Jam, Aloo Bonda, Tea, Coffee, Milk	Chapati, Heerekai Curry, Cabage Palya Rice, Radish Sambar, Pickle, Curd, Butter Milk	Gobi, Tea, Coffee, Milk	Paratha, Paneer Curry, Rice, Rasam, Pickle, Curd,
Saturday	Maggi, Tea, Coffee, Milk	Chapati, Green Peas Curry, Rice, Green Gram Sambar, Rasam, Pickle, Curd, Butter Milk	Potato Chips, Tea, Coffee, Milk	Dal Khichdi, Raitha, Aloo Bhaji
Sunday	Butter Dosa, Alu Palya, Coconut Chutney, Tea, Coffee, Milk	Palak Chapati, Moshrom Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Veg Roll Tea, Coffee, Milk	Ghee Rice, Aloo Kurma, Chilli Bajji, Banana

Perfectors

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Sri Shivarathreeshwara Nagar
MYSORE-570 015

Food Menu

W.e.f.Date:- 01-09-2024 (4th Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.00pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Rava Idly, Masala vada, Chutney, Sambar, Tea, Coffee, Milk	Chapati, Aloo Methi Masala, Rice, Mixed Veggies Sambar, Pickle, Curd, Butter Milk	Samosa. Tea, Coffee, Milk	Vangi Bath, Chutney, Curd Rice with Fruits
Tuesday	Poori, Chana Masala Tea, Coffee, Milk	Zeera Rice, Toor Dal, Horse gram rasam, Sambar, Pickle, Curd, Butter Milk, Cucumber	Cream Bun, Tea, Coffee, Milk	Palak Chapati, Paneer Peas Masala, Rice, Sambar, Rasam, Pickle, Curd
Wednesday	Poha, Kesari Baath Tea, Coffee, Milk	Chapati, Brinjal Curry, Rice, Black Chana Sambar, Rasam, Pickle, Curd, Butter Milk	Biscuit (Jim Jam), Tea, Coffee, Milk	Ghee Rice, Toor Dal, Aloo Bajji, Buttermilk, Seasonal Fruits
Thursday	Set Dosa, Sambar, Chutney, Tea, Coffee, Milk	Chapati, Rajma Curry, Rice, Sambor, Rasam, Pickle, Curd, Butter Milk	Chilli Bajji, Tea, Coffee, Milk	Methi Chapati, Palak Paneer Curry, Rice, Rasam, Papad, Pickle, Curd, Sweet
Friday	Puliyogare, Mangalore Bonda, Tea, Coffee, Milk	Chapati, Heerekai Curry, Rice, Rasam, Pickle, Kosambari, Curd, Butter Milk	Dilpasand, Tea, Coffee, Milk	Chapati, Mixed Vegetable Curry, Tomato Baath, Raitha
Saturday	Bisibile Bath, Kaara Boondi, Tea, Coffee, Milk	Methi Chapati, Green Gram Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk.	Banana Chips, Tea, Coffee, Milk	Paneer Pulao, Seasoned Curd Rice, Pickle, Curd
Sunday	Masala Dosa, Chutney, Aloo Palya, Tea, Coffee, Milk	Chapati, Palak Paneer Curry, Rice, Soppu Sambar, Rasam, Pickle, Curd, Butter Milk	Veg Roll Tea, Coffee, Milk	Ghee Rice, Aloo Curry, Banana Bajji, Banana

Perfectors

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Sri Shivarathreshwara Nagar
MYSORE-570 015

Food Menu

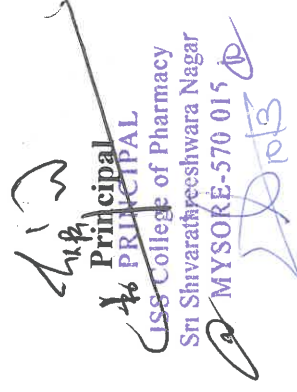
W.e.f.Date:- 01-03-2025 (1st & 3rd Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Rava Idly, Uddin Vada, Chutney, Sambar, Tea, Coffee, Milk	Chapati, Aloo Bendi Palya, Rice, Sambar, Tomato Rasam, Curd, Butter Milk, Pickle	Onion Samosa Tea, Coffee, Milk	Vangi bath, Raitha, Curd Rice, Pickle
Tuesday	Poori, Aloo curry, Chutney, Tea, Coffee, Milk	Jeera Rice, Toor Dal, Horse Gram Playa, Sambar, Rasam, Pickle, Curd, Butter Milk, Cucumber	Chilli Bajji Tea, Coffee, Milk	Onion Dosa, Chutney, Sambar, Rice, Curd, Pickle
Wednesday	Samiya Upma, Kesari Baath Tea, Coffee, Milk	Chapati, Cauliflower Palya, Channa Masala, Rice, Sambar, Tomato Rasam, Curd, Butter Milk, Pickle	Oreo Biscuit, Tea, Coffee, Milk	Chapathi, Mixed Vegetable Palya, Rice, Sambar, Curd Ice- Cream/ Fruits Salad
Thursday	Lemon Rice, Masala vada, Chutney, Tea, Coffee, Milk	Chapati, Beetroot Playa, Heerkani Curry, Rice, Majjige Huli Sambar, Curd, Butter Milk, Pickle	Lays, Tea, Coffee, Milk	Methi Chapati, Rajma Curry, Rice, Sambar, Curd, Pickle, Seasonal Fruit
Friday	Bread, Jam, Aloo Bonda, Tea, Coffee, Milk	Chapati, Carrot Paly, Brinjal Curry, Rice, Sambar, Curd, Butter Milk, Pickle	Honey Cake, Tea, Coffee, Milk	Parrota, Paneer Masala Curry, Cucumber, Rice, Sambar, Curd, Pickle
Saturday	Poha, Chutney Tea, Coffee, Milk	Chapati, Cabbage Palya, Green Peas Curry, Rice, Sambar, Curd, Butter Milk, Pickle	Tea, Coffee, Badam Milk	Palak Rice, Ritha, Curd Rice
Sunday	Butter Dosa, Alu Palya, Chutney, Tea, Coffee, Milk	Chapati, Sprouts Palya, Mushroom Curry, Rice, Soppu Sambar, Rasam, Curd, Butter Milk, Pickle	Potato Chips, Tea, Coffee, Milk	Ghee Rice, Aloo Kurma, Chilli Bhaji, Banana Fruits

Perfectors

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WARDEN
Men's Hostel


Principal
JSS College of Pharmacy
Sri Shivarathreshwara Nagar
MYSORE-570 015

JSS College of Pharmacy
S.S. Nagar, MYSURU-570015

Food Menu

W.e.f.Date:- 01-03-2025 (2st & 4th Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Idly, Mangalore Bonda, Chutney, Sambar, Tea, Coffee, Milk	Chapati, Aloo Bendi Palya, Rice, Mixed Veggies Sambar, Tomato Rasam, Curd, Butter Milk, Pickle	Samosa, Tea, Coffee, Milk	Veg Biryani, Chutney, Curd Rice
Tuesday	Poori, Channa Masala Curry, Tea, Coffee, Milk	Jeera Rice, Toor Dal, Horse Gram Palya, Sambar, Rasam, Curd, Butter Milk, Cucumber, Pickle	Gobi, Tea, Coffee, Milk	Set Dosa, Chutney, Sambar, Rice, Curd, Pickle
Wednesday	Rava Upma, Kesari Baath Tea, Coffee, Milk	Chapati, Beans Palya, Tomato Curry, Rice, Sambar, Rasam, Curd, Butter Milk, Pickle	Bourbon Biscuit Tea, Coffee, Milk	Chapati, Channa Kabul Curry, Rice, Sambar, Curd, Mahalakshmi Sweet/Carrot Halwa
Thursday	Pongal, Chutney, Tea, Coffee, Milk	Chapati, Mixed Vegetable Palya, Heerkani Curry, Rice, Sambar, Tomato Rasam, Curd, Butter Milk, Pickle,	Lays Tea, Coffee, Milk	Methi Chapati, Black Channa Curry, Rice, Curd
Friday	Bread, Jam, Aloo Bonda, Tea, Coffee, Milk	Chapati, Thondekai Palya, Brinjal Curry Rice, Sambar, Curd, Butter Milk, Pickle	Plane Cake Tea, Coffee, Milk	Paneer Palve, Raitha, Frayms
Saturday	Maggi/ Samiya Tea, Coffee, Milk	Chapati, Cabbage Palya, Green Gram Curry, Rice, Sambar, Rasam, Curd, Butter Milk, Pickle,	Tea, Coffee, Badam Milk	Tomato Rice, Raitha, Curd Rice
Sunday	Masala Dosa, Pudina Chutney, Sambar, Tea, Coffee, Milk	Chapati, Sprouts Palya, Palak Paneer Curry, Rice, Sopa Sambar, Rasam, Curd, Butter Milk, Pickle,	French Fries Tea, Coffee, Milk	Ghee Rice, Mapmaker Curry, Chilli Bajji, Banana Fruits

Perfectors

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Warden

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Men's Hostel

JSS College of Pharmacy

S.S. Nagar, MYSURU-570 015



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JSS College of Pharmacy

Sri Shivarathreshwara Nagar

MYSURU-570 015

JSS College of Pharmacy
JSS Womens Hostel

WEEK - I

Mess Menu - 2025-26

With effect from 01/02/2025

Days	Breakfast (7:30 am to 9:00 am)	Lunch (12:30 pm to 2:00 pm)	Evening Tea (5:30 pm to 6:00 pm)	Dinner (7:30 pm to 9:00 pm)
Monday	Wheat bread, Butter Cubes, Jam, Bread Pakoda, Bonda, Milk, Coffee, Tea	Chapati, Cabbage Palya, Kerala Rice, Rice, Curd Sambhar, Rasam, pickle, buttermilk	Nippat /tea/coffee/milk	Moong dal dosa, Groundnut chutney, sambar, rice, rasam, curd
Tuesday	Poha, Chutney, Kesari, Tea, Coffee, Milk, Banana	Chapati, Aloo Curry, Rice, Sambhar, Tomato Rasam, Curd, pickle, buttermilk	Cream bun /Tea/Coffee/Milk	Fried Rice, Gobi, Seasonal Fruit
Wednesday	Upma, Chutney, Tea, Coffee, Milk, Sprouts	Chapati, Chole Masala, Rice, Ladies finger Sambhar, Rasam, Curd, pickle, buttermilk	Maggi /Tea/Coffee/Milk	Methi Chapati, Green Gram rice, sambar, rasam, curd
Thursday	Puttu, Black Channa Curry, Grated Coconut, Jaggery, Tea, Coffee, Milk	Chapati, Horse gram Palya, rice, Sambar, Huli rasam, curd, pickle, buttermilk	Pav Bhaji /Tea/Coffee/Milk	Tomato bath, raitha, ice cream
Friday	Pongal, Chutney, Sambhar, Tea, Coffee, Milk, Carrot Salad	Chapati, palak dal, Rice, Veg Sambhar, Rasam, Curd, pickle, buttermilk	Cabbage Pakoda /Tea/Coffee/Milk	Appam, Channa Curry, rice, sambhar, rasam, curd, Cucumber salad
Saturday	Idli, Uddin Vada, Sambhar, Chutney, Tea, Coffee, Milk	Chapati, Rice, bindi curry, sambhar, Rasam, Curd, buttermilk, Papad, Vermicelli - sabudana Payasam	Biscuits /Tea/Coffee/Milk	Dal kichadi, raitha, bajji
Sunday	Masala Dosa, Butter, Groundnut Chutney, Tea, Coffee, Milk	Vaangi bath/veg pulav, raitha, buttermilk	Bhel Puri /Tea/Coffee/Milk	Rumali Roti, Paneer Butter Masala, rice, sambar, rasam, curd, Sweet (Champakali/ Moong Dal Burfi)

Prefectors-

1. Charumathi - IV Pharm D *Charumathi*
2. Richey - IV Pharm D *Richey*
3. Sahana - IV B Pharm *Sahana*
4. Nagaharini - III B Pharm *Nagaharini*
5. Nazish - I M Pharm *Nazish*

Nazish
Warden

Principal
Principal

JSS College of Pharmacy
JSS Women's Hostel

With effect from 01/02/2025

Mess Menu – 2025-26

WEEK - II

Days	Breakfast (7:30 am to 9:00 am)	Lunch (12:30 pm to 2:00 pm)	Evening Tea (5:30 pm to 6:00 pm)	Dinner (7:30 pm to 9:00 pm)
Monday	Rava Idli, Veg Sagu, chutney, Masala vada, tea, coffee, milk	Chapati, Rajma curry, Rice, Curd, Drumstick Sambhar, Tomato Rasam, pickle, buttermilk	Multi Grain Cookies /Tea/Coffee/Milk	Chinese Noodles, Ketchup, rice, curd
Tuesday	Wheat bread, Butter Cubes, Paneer Burji, Tea, Coffee, Milk, Salad	Chapati, Rice, Aloo Methi Dry, sambhar, Rasam, Curd, pickle, buttermilk	Raja special /Tea/Coffee/Milk	Carrot Chapati, Peas curry, Rice, Sambhar, Rasam, Curd
Wednesday	Plain dosa, Sambar, Groundnut Chutney, Tea, Coffee, Milk	Chapati, Moong Dal Curry, Rice, Sambhar, Rasam, Curd, pickle, buttermilk	Honey Cake /Tea/Coffee/Milk	Paneer pulav, raitha, cucumber salad
Thursday	Vermicelli, Chutney, Tea, Coffee, Milk, Carrot Salad	Chapati, Tomato Curry, Rice, Radish Sambar, Curd, Rasam, pickle, buttermilk	Onion pakoda /Tea/Coffee/Milk	Ghee rice, Soya curry, Rice, Sambhar, Rasam, Curd, seasonal fruit/fruit salad
Friday	Poori, Chole curry, Chutney, Tea, Coffee, Milk	Chapati, Aloo Bhindi Fry, Rice, Sambhar, Rasam, Curd, pickle, buttermilk	Veg Roll /Tea/Coffee/Milk	Chapati, mushroom curry, Kosambari, rice, sambhar, rasam, curd, Ice Cream
Saturday	Idli, Groundnut Chutney, Sambar, Goli Bhaje, Tea, Coffee, Milk, Banana	Chapati, Beetroot curry, Rice, Vegetable Sambhar, Rasam, Curd, pickle, buttermilk, Vermicelli Payasam	Tea/Coffee/Milk	Puliyogare /Bisibele Bath, Curd Rice
Sunday	Masala Dosa, Butter, Groundnut Chutney, Tea, Coffee, Milk	Soya Pulav, Raitha, Buttermilk	Maddur vada /Tea/Coffee/Milk	Methi Chapathi, Brinjal curry, rice, sambhar, rasam, curd, Sweet (Gulab Jamun/ Kalakand)

Prefectors -

1. Charumathi - IV Pharm D *Charumathi*
2. Richey - IV Pharm D *Richey*
3. Sahana - IV B Pharm *Sahana*
4. Nagaharini - III B Pharm *Nagaharini*
5. Nazish - I M Pharm *Nazish*

Nazish

Warden

Principal
Principal

Food Menu

W.e.f.Date:- 01-02-2024 (1st Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Multigrain/Wheat Bread with Paneer Burji and Tomato sauce, Tea, Coffee, Milk	Chapati, Bendi Palya, Rice, Green gram Sambar/Rasam, Pickle, Curd, Butter Milk	Samosa Tea, Coffee, Milk	Chapati, Palak Paneer Curry, Rice, Rasam, Vegetable Salad, Curd
Tuesday	Rava Upma, Kesari Baath, Chutney, Banana, Tea, Coffee, Milk	Methi Chapati, Rajma Curry, Rice, Mixed veggies Sambar/Rasam, Pickle, Curd, Butter Milk	Noodles Mixed Veggies, Tea, Coffee, Milk	Vangi-Baath, Coconut Chutney, Curd Rice, Seasonal Fruits
Wednesday	Poori, Chole Masala, Tea, Coffee, Milk	Chapati, Palak Dal, Rice, Rasam, Pickle, Curd, Butter Milk	Sweet Corn, Tea, Coffee, Milk	Onion Dosa, Chutney, Mixed Veggies Curry, Vegetable Salad, Butter Milk
Thursday	Puliyogare, Red Chutney, Mangalore Bonda, Banana Tea, Coffee, Milk	Chapati, Peas curry, Rice, Sambar, Pickle, Curd, Butter Milk	Puffed Rice, Tea, Coffee, Milk	Jeera Rice, Dal, Mixed Veggies Palya, Vegetable Salad, Sweet, Butter Milk, Papad
Friday	Poha, Coconut Chutney, Tea, Coffee, Milk	Chapati, Toor Dal Green Leavy Veggies Curry, Rice, Radish Sambar, Pickle, Curd, Butter Milk	Plum Cake, Tea, Coffee, Milk	Palak Chapati, Paneer peas curry, Rice, Sambar, Rasam, Pickle, Curd, Banana, Ice Cream
Saturday	Idly, Sambar, Chutney, Uddin Vada, Banana, Tea, Coffee, Milk	Chapati, Chole Curry, Rice, Mixed Veggies Sambar, Moong Dal Payasam Pickle, Curd/Butter Milk	Tea, Coffee, Milk	Vegetable Palav, Raitha, Curd Rice
Sunday	Masala Dosa, Alu Palya, Coconut Chutney, Tea, Coffee, Milk.	Chapati, Brinjal Curry, Rice, Black Chana Sambar, Rasam, Pickle, Curd, Butter Milk	Raja Special Tea, Coffee, Milk	Ghee Rice, Toor Dal, Chilli Bhaji, Curd, Sweet

Perceptors

1	Dhanusri C	IV B Pharm	9150894941	<i>Dhanusri</i>
2	Charumathi T	III B Pharm D	9620586792	<i>Charumathi</i>
3	Tavishi Sachdeva	III B Pharm	9810499545	<i>Tavishi</i>
4	Nagaharini	II B Pharm	9480951610	<i>Nagaharini</i>

Nabeela
Warden
WARDEN

Women's Hostel
JSS College of Pharmacy
S.S. Nagar, MYSURU-570 012

Lakshmi
Principal
PRINCIPAL
JSS College of Pharmacy
Sri Shivarathreshwara Nagar
MYSORE-570 015
D. S. R.

Food Menu

W.e.f.Date:- 01-02-2024 (2nd Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Podi Dosa, Mint Chutney, Sambar, Tea, Coffee, Milk	Chapati, Aloo Methi Masala, Rice, Moong dhal Sambar, Rasam, Pickle, Curd, Butter Milk	Plum Cake Tea, Coffee, Milk	Methi Chapati, Paneer Matar Masala, Rice, Rasam, Papad, Pickle, Curd, Butter Milk, Seasonal Fruits
Tuesday	Palak Rice, Raitha, Banana Tea, Coffee, Milk	Palak Chapati, Beetroot Palya, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Manchurian, Tea, Coffee, Milk	Paneer Pulao, Curd Rice, Pickle, Curd, Vegetable Salad
Wednesday	Rava Idli, Veg Sagu, Chutney, Tea, Coffee, Milk	Chapati, Green Gram Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Chilli Bajji, Tea, Coffee, Milk	Chapati, Moong dhal Curry, Tomato Bath, Raitha,
Thursday	Khara Pongal, Chutney, Sweet Pongal, Banana Tea, Coffee, Milk	Chapati, Chole Masala, Rice, Mixed Vegetable Sambar, Rasam, Pickle, Curd, Butter Milk	Veg puff Tea, Coffee, Milk	Mixed Vegetable Pulao, Raitha, Fruit Salad.
Friday	Vermicelli Upma, Chutney, Tea, Coffee, Milk	Methi Chapati, Mixed Veggies Curry, Rice, Black Channa Sambar, Rasam, Pickle, Curd, Butter Milk	Kachori Tea, Coffee, Milk	Mixed Veggies Fried Rice, Tomato Sauce, Curd Rice, Banana, Ice Cream.
Saturday	Poori, Mix Vegetable Curry, Chutney, Tea, Coffee, Milk	Chapati, Rajma Curry, Rice, Soppu dhal Sambar, Rasam, Vermicelli Payasam, Pickle, Curd, Butter Milk	Tea, Coffee, Milk	Ghee rice, Veg Kurma, Kosamabri, Buttermilk
Sunday	Masala Dosa, Alu Palya, Coconut Chutney, Tea, Coffee, Milk.	Chapati, Tomato Curry, Rice, Mixed dhal Sambar, Rasam, Pickle, Curd, Butter Milk	Palak Pakoda. Tea, Coffee, Milk	Chapati, Mixed Vegetable Palya, Rice, Radish Sambar, Rasam, Curd, Vegetable Salad, Ice Cream.

Perfectors

1	Dhanusri C	IV B Pharm	9150894941	<i>Dhanusri</i>
2	Charumathi T	III Pharm D	9620586792	<i>Charumathi</i>
3	Tavishi	III B Pharm	9810499545	<i>Tavishi</i>
4	Nagaharini	II B Pharm	9480951610	<i>Nagaharini</i>

Nagaharini
Warden
WARDEN
Women's Hostel

Principal
Principal
PRINCIPAL
JSS College of Pharmacy
Sri Shivarathreshwara Nagara
MYSORE-570 015

Food Menu

W.e.f.Date:- 01-02-2024 (3rd Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Lemon Rice, Coconut Chutney, Masala Vada, Banana, Tea, Coffee, Milk	Methi Chapati, Rajma Curry, Rice, Mixed Veggies Sambar, Rasam, Pickle, Curd, Butter Milk	Samosa, Tea, Coffee, Milk	Rice, Mixed Sprouts Sambar, Curd Rice, Vegetable Salad
Tuesday	Plain Dosa, Veg Sagu, Chutney, Tea, Coffee, Milk	Palak Chapati, Peas Curry, Rice, Sambar, Pickle, Curd, Butter Milk	Sweet Corn, Tea, Coffee, Milk	Chapati, Chole curry, Jeera rice, Curd
Wednesday	Multigrain/Wheat Bread with Paneer Burji and Tomato sauce, Tea, Coffee, Milk	Chapati, Aloo Methi Masala, Rice, Moong dhal Sambar, Rasam, Pickle, Curd, Butter Milk	Raja Special Tea, Coffee, Milk	Wheat Paratha, Paneer Curry, Rice, Rasam, Pickle, Curd, Seasonal Fruits
Thursday	Methi Chapati, Mint Chutney, Curd, Banana, Tea, Coffee, Milk	Chapati, Heerekai Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Onion Pakoda Tea, Coffee, Milk	Moong dhal Dose, Pudina Chutney, Curd Rice, Vegetable Salad
Friday	Rava Iddli, Chutney, Sagu, Tea, Coffee, Milk	Chapati, Toor dal Soppu Cury, Rice, Radish Sambar, Pickle, Curd, Butter Milk	Veg Puff, Tea, Coffee, Milk	Rice, Chapati, Alasande Sambar, Mixed Vegetable Palya, Curd, Banana, Ice Cream.
Saturday	Poori, Aloo Curry, Chutney, Tea, Coffee, Milk	Chapati, Bendi Palya, Rice, Green Gram Sambar, Rasam, Sabudana Payasam Pickle, Curd, Butter Milk	Tea, Coffee, Milk	Dal Khichdi, Raitha, Bhaji
Sunday	Bansi Rava Upma, Chutney Banana, Tea, Coffee, Milk	Palak Chapati, Green Gram Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Plum Cake, Tea, Coffee, Milk	Chapati, Green Gram Palya, Rice, Rasam, Buttermilk, Vegetable Salad, Sweet

Perfectors

1	Dhanusri C	IV B Pharm	9150894941	<i>Dhanusri</i>
2	Charumathi T	III Pharm D	9620586792	<i>Charumathi</i>
3	Tavishi Sachdeva	III B Pharm	9810499545	<i>Tavishi</i>
4	Nagaharini	II B Pharm	9480951610	<i>Nagaharini</i>

Nirala

WARDEN

Women's Hostel
JSS College of Pharmacy
S.S. Nagar, MYSURU-570 015

Principal

Principal

JSS College of Pharmacy
Sri Shivarathreshwara Nagara
MYSORE-570 015

Food Menu

W.e.f.Date:- 01-02-2024 (4th Week)

Day	Break Fast (7.30am to 9.00am)	Lunch (12.30pm to 2.00pm)	Snacks Time: (5.30pm to 6.00pm)	Dinner (7.30pm to 9.00pm)
Monday	Multigrain/Wheat Bread with Paneer Burji and Tomato sauce, Tea, Coffee, Milk	Chapati, Palak dal, Rice, Mixed Veggies Sambar, Pickle, Curd, Butter Milk	Cabbage Pakoda. Tea, Coffee, Milk	Chapati, Mushroom Curry, Rice, Mixed Veggies Palya, Papad, Kosambari, Curd
Tuesday	Set Dosa, Veg Sagu, Chutney, Banana, Tea, Coffee, Milk	Chapati, Chole Masala, Rice, Rasam, Pickle, Curd, Butter Milk	Pav bhaji, Tea, Coffee, Milk	Palak Chapati, Paneer Peas Masala, Rice, Sambar, Rasam, Pickle, Curd, Seasonal Fruits
Wednesday	Semiya Upma, Chutney, Tea, Coffee, Milk	Chapati, Brinjal Curry, Rice, Black Chana Sambar, Rasam, Pickle, Curd, Butter Milk	Dilpasand, Tea, Coffee, Milk	Ghee Rice, Toor Dal, Aloo Bajji, Buttermilk
Thursday	Iddli Sambar, Chutney, Uddin Vada, Tea, Coffee, Milk	Chapati, Rajma Curry, Rice, Sambar, Rasam, Pickle, Curd, Butter Milk	Sweet Corn, Tea, Coffee, Milk	Methi Chapati, Palak Paneer Curry, Rice, Rasam, Papad, Pickle, Curd, Vegetable Salad
Friday	Poha, Chutney, Banana, Tea, Coffee, Milk	Chapati, Moong dal, Rice, Rasam, Pickle, Kosambari, Curd, Butter Milk	Plum cake, Tea, Coffee, Milk	Chapati, Palak Paneer Curry, Tomato Baath, Raitha, Banana, Ice Cream.
Saturday	Khara Pongal, Sweet Pongal, Chutney, Tea, Coffee, Milk	Methi Chapati, Aloo Palya, Rice, Horse Gram Sambar, Rasam, Moong Dal Payasam, Pickle, Curd, Butter Milk.	Tea, Coffee, Milk	Bisibele Baath, Khara Boondi, Curd Rice
Sunday	Masala Dosa with Butter, Chutney, Aloo Palya, Tea, Coffee, Milk	Chapati, Green Peas Curry, Rice, Soppu Sambar/Rasam, Pickle, Curd/Butter Milk	Paneer Puff, Tea, Coffee, Milk	Paneer Pulav, Raitha, Ice Cream.

Perfectors

1	Dhanusri C	IV B Pharm	9150894941	<i>Dhanusri</i>
2	Charumathi T	III Pharm D	9620586792	<i>Charumathi</i>
3	Tavishi Sachdeva	III B Pharm	9810499545	<i>Tavishi</i>
4	Nagaharini	II B Pharm	9480951610	<i>Harini</i>



Warden

WARDEN

Women's Hostel

SS College of Pharmacy

S.S. Nagar, MYSURU-570 015



Principal

PRINCIPAL

JSS College of Pharmacy

Sri Shivarathreshwara Nagar

MYSORE-570 015

JSS COLLEGE OF PHARMACY, OOTY BOYS HOSTEL – MESS MENU

w.e.f: 05/05/2025

WEEK 1 & 3

Day	Breakfast	Lunch	Dinner
MON	Pepper Pongal, Coconut Chutney, Sambar, Parupu Vada, Bread, Jam.	Rice, Sambar (Brinjal, Drumstick), Pepper Rasam, Chapathi, Yellow Dhal, Potato Poriyal, Thalicha Mor, Pappad.	Kara Adai, Onion Kara Chutney, Sambar Rice Rasam, Butter Milk
TUE	Wheat Dosa, Onion Ketti Chutney, Soya Gravy, Bread, Jam.	Rice, Sambar (Radish) Bombay Rasam, Chapathi, Vegetable White Kuruma, Beetroot Poriyal, Curd, Pappad, Paruppu Podi & Ghee.	Mushroom Biryani, Brinjal Curry, Raitha, Chips, Rice, Rasam, Curd.
WED	Semiya, Kesaribath, Coconut Ketti Chutney, Bread, Jam, Banana .	Rice, Sambar (Mango, Drumstick), Parupu Rasam, Carrot Poriyal, Masala Mor, Pappad.	Chapatti, Paneer Butter Masala, Rice, Rasam, Buttermilk.
THU	Appam, Kadalai Curry, Coconut Chutney, Bread, Jam.	Rice, Brinjal Karakulambu, Rasam, Curd, Aloo Fry Poriyal.	Chilly Parota, Raitha, Rice, Rasam, Buttermilk.
FRI	Idly, Medhuvada, Sambar, Groundnut Chutney, Bread, Jam.	Chapathi, Moong Dhal Gravy, Rice, Small Onion Sambar, Sepakelangu Poriyal, Tomato Rasam, Thalicha Mor, Pappad, Paruppu Podi & Gingelly Oil.	Ghee Roast, Kara Chutney, Sambar, Rice, Rasam, Butter Milk.
SAT	Bread, Butter, Jam, Tomato Curry, Semiya Upma, Cornflakes, Banana .	Poori, Channa Masala, Rice, More Kulambu (With White Pumpkin) Brinjal Poriyal, Puli Rasam, Mor milagai.	Idly, Sambar, Garlic Kara Chutney, Rice, Rasam, Buttermilk.
SUN	Masala Dosa, Coconut Chutney, Sambar, Bread, Jam.	MESS CLOSE	Top Raman Noodles, Rice, Rasam, Curd.

WEEK 2 & 4

Day	Breakfast	Lunch	Dinner
MON	Pepper Pongal, Sweet Pongal, Coconut Chutney, Sambar, Parupu Vada, Bread, Jam.	Rice, Sambar (Brinjal, Drumstick), Vazhakka Poriyal, Pepper Rasam, Chapathi, Yellow Dhal, Thalicha Mor, Pappad, Paruppu Podi & Ghee.	Idly, Groundnut Chutney, Idly Podi, Sambar, Rice, Rasam, Butter Milk.
TUE	Appam, Kadalai Curry, Coconut Chutney, Bread, Jam.	Rice, Sambar (Radish), Beetroot Poriyal, Bombay Rasam, Chapathi, Vegetable White Kuruma, Curd, Pappad.	Mushroom Biryani, Brinjal Curry, Raitha, Chips, Rice, Rasam, Curd.
WED	Wheat Dosa, Soya Gravy, Carrot Chutney, Raw Onion Salad, Bread, Jam, Banana .	Rice, Sambar (Mango/Drumstick), Carrot Poriyal, Parupu Rasam, Masala Mor, Pappad.	Chapatti, Cauliflower (Optional) & Potato Kuruma, Rice, Rasam, Buttermilk.
THU	Rava Onion Dosa, Sambar, Onion Kara Chutney, Bread, Jam.	Rice, Lady's finger / Sundakkai Karakolambu, Aloo Fry Poriyal, Rasam, Curd.	Parota, Plain Salna, Rice, Rasam, Buttermilk.
FRI	Idly, Medhuvada, Sambar, Tomato Chutney, Bread, Jam.	Rice, Small Onion Sambar, Sepakelangu Poriyal, Tomato Rasam, Chapathi, Moong Dhal Gravy, Thalicha Mor, Pappad, Paruppu Podi & Ghee.	Plain Roast, Tomato Chutney, Sambar, Rice, Rasam, Butter Milk.
SAT	Bread, Butter, Jam, Semiya Upma, Tomato Curry, Cornflakes, Banana .	Poori, Vada Curry, Rice, More Kulambu (With White Pumpkin) Brinjal Poriyal, Puli Rasam.	Top Raman Noodles, Rice, Rasam, Curd.
SUN	Bread, Jam, Masala Dosa, Coconut Chutney, Sambar.	MESS CLOSE	Chapathi, Paneer Butter Masala, Rice, Rasam, Buttermilk.

Fruits at night: Monday – Apple; Tuesday – Seasonal fruit; Thursday- Green grapes; Friday – Orange/ Musambi.

Pickles: Lemon / Citron / Cut Mango / Tomato

SNACKS

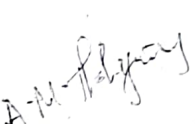
Days	Week 1	Week 2	Week 3	Week4
Monday	Honey cake	Tea cake	Honey cake	Tea cake
Tuesday	•Good day	Bounce cream •Biscuit	Happy Happy	Little Hearts
Wednesday at night	Fruit salad	Parupu payasam	Ice cream	Jelabi / moti laddu (red)
Thursday	Ground nut	Black sundal	Ground nut	Black sundal
Friday	Karapori	Masala pori	Karapori	Masala pori
Sunday	Onion Samosa	Kachori	Onion Samosa	Kachori

Beverages: Tea 20L/ Coffee 40L/ Milk 10L


(Every Saturday morning – Badam milk; 4th week Friday evening – Rose milk)

Mess timings:

Week days: Morning - 8.00 to 9.30 AM; Afternoon – 12.30 to 2.00 PM; Dinner – 7.15 to 9.00 PM
Sunday: Morning - 9.00 to 11.00 AM; Afternoon – Mess close; Dinner – 7.15 to 9.00 PM


STUDENT
SECRETORY


ASSISTANT
WARDEN


WARDEN


RESIDENT
WARDEN

DEPUTY CHIEF
WARDEN


CHIEF
WARDEN

JSS College Of Pharmacy, Ooty

Girls Hostel

With effective from March 2025 (Week 1 & 3)

Day	Breakfast	Lunch	Dinner
Monday	Idly, Masala Vada, Sambar, Pudina chutney	Plain rice, Dhal, Chappathi, Valakai poriyal, Mushroom gravy, Rasam, Curd	Dosa & Vadacurry
Tuesday	Pongal, Medu vada, Sambar, Coconut chutney	Plain rice, Kerai with dhal kolambu, Rasam, Curd vada, Curd, Pappad	Maggie(with vegetables), Curd rice, chips
Wednesday	Appam, Chickpea curry, coconut chutney	Plain rice, jeera rice, poori channa gravy, Rasam, Curd	Veg Pulav, Tomato sauce, chips
Thursday	Bread, Potato curry, carrot+Onions+Cucumber +Tomato+Pudhina chutney, Butter, Jam, Corn flakes	Kerala rice, Plain rice, Moru kolambu & sambar, Fried potato poriyal, Rasam, Curd	Ghee roast, Tomato chutney, Sambar
Friday	Ragi semiya, Puttu, curry	Plain rice, Kollu parupu kolambu, Chappathi, Green peas potato curry, Rasam, curd	Rava dosa, Perkangai chutney, sambar
Saturday	Puttu, Wheat upma, Chickpea curry, Corn flakes	Bisbellabath/Sambar sadam, Kaara Boondi, Plain rice, Rasam, Curd	Idly, Sambar, Poha, coconut chutney
Sunday	Masala dosa, sambar, coconut chutney	Pudina rice, Fruit curd rice, chips	Kothu parotta with Onion Raita, Salad

Evening Snacks

Monday	Green gram sprout
Tuesday	Sweet corn/Sandwich
Wednesday	5 rupees Biscuit
Thursday	Sundal with onion
Friday	Bun butter jam

Sweets

Week 1	Arun icecream (Cone or choco bar)
Week 3	Milk peda

Pickle: Mango/Garlic/Lemon+ Moru Milagai

Morning: Milk & Coffee

Evening: Milk, Tea & coffee Every

Night: Plain rice, Rasam, Curd

C. [Signature]
Student's secretary

[Signature]
Warden

[Signature]
Administrative officer

[Signature]
Principal

JSS College Of Pharmacy, Ooty

Girls Hostel

With effective from March 2025(week 2 & 4)

Day	Breakfast	Lunch	Dinner
Monday	Vegetable dosa, Sambar, Groundnut chutney	Plain rice, Keerai with dhal kolambu, Chappathi, Tomato Onion curry, Rasam, Curd	Small soya Briyani, Onion Raitha, Chips
Tuesday	Idly, Masala Vada, Sambar, Tomato chutney	Plain rice, Vendakai puli kolambu, Kovakai Poriyal, Rasam, Curd, Pappad	Wheat Rava dosa, Groundnut chutney, Sambar, Lemon rice
Wednesday	Kesari, Upma, Coconut chutney, Corn flakes	Plain rice, Chappathi, Dhal, Cauliflower poriyal, Green gram potato curry, Rasam, Curd	Dhal rice/Vangibath, Potato chips
Thursday	Bread, Potato curry, carrot+Onions+Cucumber +Tomato+Pudhina chutney, Butter, Jam, Corn flakes	Kerala rice, Plain rice, Moru kolambu & sambar, Fried beetroot poriyal, Rasam, Curd	Idly, Thakkali Kolambu, Coconut chutney
Friday	Appam, Chickpea curry, coconut chutney	Plain rice, Sambar, Chappathi, Paneer butter masala, Bitterguard poriyal, Rasam, curd	Podi dosa/ Onion dosa, Kara chutney, sambar
Saturday	Pongal, Medu vada, Sambar, Coconut chutney	Poori, Potato curry, Plain rice, Murangaikai Sambar, Rasam, Curd	Macrooni pasta, Tomato sauce, chips
Sunday	Masala dosa, sambar, coconut chutney	Tomato rice, curd rice, Pappad	Aloo paratha, Lemon rice, Pudina chutney, chips

Evening Snacks

Monday	Samosa
Tuesday	Groundnut
Wednesday	5 rupees Biscuit
Thursday	Masala pori/ varkey
Friday	Veg puff

Sweets


Week 2	Fruit salad
Week 4	Payasam

Pickle: Mango/Garlic/Lemon+ Moru Milagai

Morning: Milk & Coffee

Evening: Milk, Tea & coffee Every

Night: Plain rice, Rasam, Curd


Student's secretary


Warden


Administrative officer


Principal

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015

MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS MENU LIST FOR THE MONTH OF JUNE - 2024

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Aloo Paratha + Pongal + Choco Badam Milk + Tea + Coffee	Chapati + Rajma + Ghee Rice + Papad + Shavige Payasa	Masala Puri / Paani Puri	Chapati + Paneer Burji + Carrot Halva
TUESDAY	Masala Dosa + Chutney + Sambar + Banana Cold Milk + Tea + Coffee	Chapati + Beetroot Palya + Aloo Dry + Sweetcorn Salad	Brownie / Plain Cake	Chapati + Dal Makhani + Tomato Bath + Mixed Fruits
WEDNESDAY	Paneer Paratha + Shavige Badam Milk + Tea + Coffee	Chapati + Veg Kolhapuri + Lemon Rice + Molake Kaalu Sambar + Payasa	White Sauce Pasta	Chapati + Dry Bindi + Mango Lassi
THURSDAY	Rava idly / Plain Idly + Vada + Kesari Bath + Cornflakes Cold Milk + Tea + Coffee	Chole Batura + Sprouts + Bean Carrot Palya + Jamun	Maggi + Cold Milk	Chapati + Veg Manchurian + Ice-cream
FRIDAY	Wangi bath + Avalakki + Chutney + Raita Badam Milk + Tea + Coffee	Chapati + Dal Makhani + Hurulikal Sambar + Puliogare + Mirchi Bajji	Sweet Corn / Paneer Puff	Onion Dosa + Tomato Chutney + White Sauce Pasta + Peda
SATURDAY	Akki Roti + Ghee Upma + Bindi Gravy + Cornflakes Cold Milk + Tea + Coffee	Chapati + Paneer Butter Masala + Rava Halva	Bread Toast	Aloo Paratha + Lemon Rice + Rava Ladoo
SUNDAY	Bread + Butter + Jam + Tomato Bath + Chacos Badam Milk + Tea + Coffee	Bisibele Bath + Curd Rice + Boondi + Payasa	Capsicum Roll + Pineapple Juice	Pav Bhajji + Paneer Dum Biryani + Mango Lassi

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana provides only Preferred by boarders, Carrot (Monday), Cucumber (Tuesday + Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad provides only preferred by boarders.

Approved



ಶಾಲಿಕೆ ನಿಲಯಪಾಲಕರು
Resident Warden
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ಶಾಲಕರ ವಿದ್ಯಾರ್ಥಿನಿಲಯ
ಮೈಸೂರು-15

CHIEF WARDEN
JSS Medical College Hostel for Boys
MYSURU-570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015

MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS MENU LIST FOR THE MONTH OF JULY - 2024

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Idly + Vada + Sambar + Chutney + Chacos + Cold Milk + Tea + Coffee	Chapati + Rajma + Ghee Rice + Shavige Payasa + Papad	Veg Capsicum Roll + Nimbu Paani	Paneer Paratha + Raita + Tomato Bath + Mixed Fruit
TUESDAY	Aloo Paratha + Upma + Corn Flakes Badam Milk + Tea + Coffee	Poori + Green Peas Curry + Sweet Corn Salad + Gulab Jamun	Pani Puri / Masala Puri	Paneer Bhurji + Chapathi + Ghee Rice + Mysore Pak / Milk Peda + Plain Lassi
WEDNESDAY	Masala Dosa + Chutney Cold Milk + Tea + Coffee	Chapati + Paneer Butter Masala + Payasa / Lassi + Mirchi Bajji	Paneer Puff / Chaco Cake	Dal Makhani + Chapati + Palak Bath + Ice Cream
THURSDAY	Paneer Paratha + Pongal + Chutney + Tea + Coffee + Milk	Chapati + Aloo Dry Palya + Congress Masala + Masala Butter Milk	Maggi + Cold Milk	Onion Dosa + White Chutney + Tomato Chutney + Mango Lassi + Carrot Halwa
FRIDAY	Avalakki + Vangi Bath + Corn Flakes + Banana + Tea + Coffee + Milk	Chole Bhatura + Lemon Rice + Beetroot Palya + Rava Halwa	Onion Bhajji (Mix)	Chapati + Dry Bhindi + Puliogare + Mixed Fruit
SATURDAY	Akki Rotti + Ghee Upma + Bhindi Gravy + Chacos + Cold Milk + Tea + Coffee	Veg Kofta + Chapathi + Jeera Rice + Hurlu Kattu + Papad + Masala Buttermilk	Bread Toast + Pineapple Juice	Rice + Sambar + Dal + Kaal Palya
SUNDAY	Bread + Butter + Jam + Avalakki + Corn Flakes + Tea + Coffee + Milk	Bisibele Bath + Curd Rice + Chips / Boondi + Drumstick Sambar + Payasa	Lays Chips / Oreo Biscuit	Pav Bhaji + Paneer Dum Biryani

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana provides only Preferred by boarders, Carrot (Monday), Cucumber (Tuesday + Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad provides only preferred by boarders.

Approved



Resident Warden

CHIEF WARDEN
JSS Medical College Hostel for Boys
MYSURU-570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015

MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS MENU LIST FOR THE MONTH OF AUGUST - 2024

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Aloo Paratha + Vangi Bath + Corn Flakes Badam Milk + Tea + Coffee	Chapati + Veg Kolhapuri + Ghee Rice + Papad	Paani Puri / Masala Puri	Akki Roti + Brinjal Gravy + Tomato Bath + Ice-cream
TUESDAY	Rava Idly + Masala Vada + Kesari Bath + Chacos Milk + Tea + Coffee	Poori + Aloo Jeera/ Green peas + Tomato Bath	Chocolate / Sweet Corn	Pav Bhaji + Lemon Rice + Carrot Halva
WEDNESDAY	Poori + Ghee Upma + Vegetable Gravy Badam Milk + Banana + Tea + Coffee	Chapati + Paneer Butter Masala + Sweet Corn Salad	White Sause Pasta / Dil Pasand	Onion Dosa + Tomato Chutney + White Chutney + Mysore Pak / Peda
THURSDAY	Akki Rotti + Bhindi Gravy + Shavige Milk + Tea + Coffee	Chapati + Beans Carrot Palya + Masala Majjige(Packet) + Jamun	Capsicum Roll / Paneer Puff	Chapati + Dry Bendi + Banana Sheekarane/ Fruits
FRIDAY	Paneer Paratha + Pulao + Chacos Badam Milk + Tea + Coffee	Chapati + Rajma + Jeera Rice + Shavige Payasa	Masala Maggi + Lemon Juice	Gobi Manchurian + Noodles
SATURDAY	Masala Dosa + Groundnut Chutney + Sambar Milk + Tea + Coffee	Chapati + Veg Koftha + Huruli Sambar + Lassi	Bread Toast	Rice + Sambar
SUNDAY	Bread + Butter + Jam + Avalakki Badam Milk+ Tea + Coffee	Bisibele Bath + Curd Rice + Chips/ Boondi + Payasa	Lays Chips / Oreo Biscuit	Chapati + Dal Makhani + Rava Laddu(Rave-unde)

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana provides only Preferred by boarders, Carrot (Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad provides only preferred by boarders.

Approved

CHIEF WARDEN
Chief Warden
JSS Medical College Hostel for Boys
MYSURU-570 015

WARDEN,
I. S. S. Medical College
Hostel for Men, Mysore

Resident Warden

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDS
MENU LIST FOR THE MONTH OF SEPTEMBER - 2024

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Idly + Vada + Sambar + Chutney + Banana + Chocos Cold Milk + Tea + Coffee	Chapati + Rajma + Ghee Rice + Payasa + Papad + Sprouts	Veg Roll + Nimbu Paani	Aloo Paratha + Chutney + Mango Lassi/ Fruits
TUESDAY	Corn Flakes + Akki Roti + Brinjal Gravy Badam Milk + Tea + Coffee	Chapati + Dry Aloo Gobi Palya + Congress Masala	Masala Sweet Corn / Cutlet + Panaka	Chapati + Paneer Bhurji + Ice-cream
WEDNESDAY	Masala Dosa + Groundnut Chutney + Chocos Cold Milk + Tea + Coffee	Chapati + Paneer Butter Masala + Sweet Corn Salad + Payasa + Papad	Masala Purfi	Chapati + Dal Makhani + Puliogare + Carrot Halva/Jamun + Sprouts
THURSDAY	Vegetable Gravy / Aloo Gravy + Poori + Banana + Badam Milk Tea + Coffee	Chapati + Dal Makhani + Jeera Rice/ Ghee Rice + Mirchi Bhajji	Masala Maggi / Nimbu Paani	Onion Dosa + Tomato Chutney + White Chutney + Sweet Lassi
FRIDAY	Paneer Paratha + Pongal + Chutney + Corn Flakes + Chocos Badam Milk + Tea + Coffee	Chapati + Veg Koftha + Pulao	Lays/Oreo Biscuit + Pineapple Juice	Akki Roti + Bendi Gravy + Lemon Rice + Milk-Peda/Jamun
SATURDAY	Maggi + Shavige Bath + Corn Flakes Badam Milk + Tea + Coffee	Chole Bhature + Lemon Rice + Sprouts + Huruli Sambar + Rava Halva	Chocolate Brownie + Bread Toast	Rice + Sambar + Papad / Masala Majjige
SUNDAY	Bread + Butter + Jam + Avalakki Cold Milk + Tea + Coffee	Bisibele Bath + Curd Rice + Chips/ Boondi + Payasa	White Sauce Pasta / Dil Pasand	Chapati + Paneer Butter Masala + Tomato Bath + Fruits

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana provides only Preferred by boarders, Carrot (Monday), Cucumber (Tuesday + Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad provides only preferred by boarders.

Resident Warden

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CHIEF WARDEN

JSS Medical College Hostel for Boys
MYSURU-570 015

WARDEN,
J. S. S. Medical College
Hostel for Men, Mysore

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS
MENU LIST FOR THE MONTH OF OCTOBER - 2024

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Idly + Vada + Sambar + Chutney + Chacos Cold Milk + Tea + Coffee	Chapati + Dry Aloo Gobi Palya + Sprouts + Papad	Bajji + Chutney (Mirchi + Capsicum + Potato)	Palak Chapati + Black Chana Gravy + Ice-cream
TUESDAY	Akki Roti + Brinjal Gravy + Corn Flakes Badam Milk + Tea + Coffee	Palak Chapati + Rajma + Ghee Rice + Beetroot Palya	Masala Puri + Nimbu Paani	Onion Dosa + Red Chutney + Sprouts + Carrot Halva / Sweet Lassi
WEDNESDAY	Masala Dosa + Groundnut Chutney + Kesari Bath Badam Milk + Tea + Coffee	Chapati + Paneer Butter Masala + Sweet Corn Salad + Payasa + Papad	Sweet Corn/ Samosa + Panaka	Paneer Paratha + Mango Lassi
THURSDAY	Aloo Paratha + Pongal + Chutney + Banana / Corn Flakes Badam Milk + Tea + Coffee	Palak Chapati + Dal Makhani + Jeera Rice + Mirchi Bajji + Sprouts	Paneer Veg Roll + Nimbu Paani	Akki Roti + Brinjal Gravy + Lemmon Rice + Mysore pak (Nandini)
FRIDAY	Aloo/ Vegetable Gravy + Poori + Chacos Cold Milk + Tea + Coffee	Chole Bhatura + Lemon Rice + Rava Halva	Masala Kachori + Pineapple Juice	Chapati + Palak Paneer Nandini Milk Peda + Fruits
SATURDAY	Shavige Bath + Banana / Chacos Cold Milk + Tea + Coffee	Chapati + Veg Kofta / Veg Kholhapuri + Pulao + Huruli Sambar + Sweet Lassi	Vada Pav	Rice + Sambar + Papad + Masala Majjige
SUNDAY	Wheat Bread + Butter + Jam + Avalakki (Poha) Badam Milk + Tea + Coffee	Bisibele Bath Curd Rice + Boondi + Payasa + Drumstick Sambar	White sauce Pasta / Veg Bread Toast	Chapati + + Paneer Butter Masala + Tomato Bath + Fruits

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana should be Preferred by boarders, Carrot (Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad preferred by boarders.

Approved

Do Not advise any HSS & VPF foods in the menu

Resident Warden

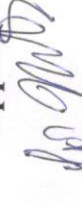
CHIEF WARDEN
 Chief Warden
 JSS Medical College Hostel for Boys
 MYSURU-570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS
MENU LIST FOR THE MONTH OF NOVEMBER - 2024

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Aloo Paratha + Pongal + Chutney + Banana + Coffee + Tea + Badam Milk	Chapati + Rajma + Ghee Rice + Beet Root Palya + Rava Halwa	Bajji (Capsicum) + Potato + Mirchi) + Chutney + Badam Milk	Chapati + Paneer Bhurji + Fruit Salad
TUESDAY	Idly + vada + Sambar + Chutney + Chacos + Cold Milk	Chapati + Dry Aloo Gobi Palya + Sprouts + Papad	Samosa + Nimbu Paani	Akki Rotti + Brinjal Gravy + Chutney + Jamun / Sweet
WEDNESDAY	Masala Dosa + Groundnut Chutney + Aloo Palya / Sambar + Coffee + Tea + Badam Milk	Chole Bhatura + Lemon Rice + Huralikaalu Sambar + Payasa	Sweet Corn + Paanka / Veg Puff	Paneer Paratha + Tomato Bath + Mango Lassi
THURSDAY	Puliyogare + Shavige Bath + Banana / Chacos + Cold Milk	Chapati + Dal fry + Jeera Rice + Mirchi Bajji	Capsicum Veg Roll + Nimbu Paani	Chapati + Black Channa Gravy + Ice Cream (Chocolate / Anjur)
FRIDAY	Aloo / Vegetable Gravy + Poori + Corn Flakes + Coffee + Tea + Badam Milk	Paneer Butter Masala + Chapati + Sweet Corn + Salad + Payasa + Papad	Channa Fry + Badam Milk	Onion Dosa + Tomato Chutney + Milk Peda
SATURDAY	Upma + Chacos + Cold Milk + Pongal / Akki Rotti + Brinjal Gravy	Chapati + Veg Kofta + Veg Pulao + Lassi	Vada Pav + Pineapple Juice	Rice + Sambar + Papad + Masala Majjige
SUNDAY	Bread + Butter + Jam + Avalakki (Poha)	Bisibele Bath + Curd Rice + Boondi + Payasa + Drumstick Sambar	Bread Toast / Masala Puri	Chapati + Chilli Paneer + Fruits

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana should be Preferred by boarders, Carrot (Monday), Cucumber (Tuesday + Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad preferred by boarders.

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Chief Warden
CHIEF WARDEN

Resident Warden

JSS Medical College Hostel for Boys
MYSURU-570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS
MENU LIST FOR THE MONTH OF DECEMBER - 2024

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Idly+Vada+ Sambar Chutney +Chocos +Cold Milk	Chapati+Paneer Butter Masala+Ghee Rice+Rava Halwa	Paneer Veg Roll+Nimbu Paani	Chapati+Black Channa Gravy+Chocolate Ice Cream
TUESDAY	Masala Dosa+Groundnut Chutney+Keasari+Banana	Chapati+Rajma+Jeera Rice+Sweet Corn Salad+Papad	Panipuri/ Masalapuri	Aloo Paratha+Chutney+Peda
WEDNESDAY	Aloo/Vegetable Gravy=Poori+Corn flakes	Chapati+Veg Kofta+Veg Pulav+Lassi+Mirchi Bhajji	Samosa+Water Melon Juice	Chapati+Paneer Bhurji+ Mysuru Pak
THURSDAY	Upma+Vangibath+Banana/Chocos +Cold Milk	Chapati+Dry Aloo Gobi Palya+ Sprouts+Papad+Tamoto bath	White Sauce Pasta	Chapati+Dry Bendi+Lassy+ Fruits
FRIDAY	Akki Rotti+ Brinjal Gravy+Corn Flaks	Chhole Bature+LEMON Rice+Beetroot Palya+Sweet Corn Salad+Mango Lassi	Vada Pav+ Pineapple Juice	Onion Dosa+Khaara+Aloo Palya+Carrot Halwa
SATURDAY	Shavigebath + Banana / Chocos +Cold Milk	Dal Makhani+Hurulikal Sambar +Papad+Masala Majjige	Bread Toast+Panaka	Rice + Sambar+Papad+Lassi
SUNDAY	Wheat Bread+Butter +Jam+Avalakki(Poha)+Corn Flakes	Bisibelebath+ Curd Rice +Boondi +Payasa + Drum Stick Sambar	SweetCorn +BadamMilk	Chapati+Matar Paneer +Gulab Jamun/Paneer Dum Biryani+Pav Bhaji

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana should be Preferred by boarders, Carrot (Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad preferred by boarders.

Approved



Resident Warden
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Chief Warden
CHIEF WARDEN
 JSS Medical College Hostel for Boys
 MYSURU-570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS
MENU LIST FOR THE MONTH OF JANUARY - 2025

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Vangibath+Upma+ Chocos+Cold milk	Chapati+Paneer Butter Masala +Ghee Rice+Payasa	Paanipuri /Masala Puri	Chapati+ Black Channa gravy/Fried Aloo Curry + Chocolate Ice Cream
TUESDAY	Aloo/Vegetable gravy +Poori +Corn flakes	Chapati + Dry Aloo gobi Palya +Papad +Tomato bath	Paneer Veg Roll	Masala Dosa +Chutney +Aloo Palya +Peda
WEDNESDAY	Idly +Vada+Sambar+Chutney +Chocos+ Cold milk	Chapati+Rajma+Jeera Rice +Mirchi Bajji +Payasa	Vada Pav +Nimbu Pani	Aloo Parata + Chutney+Tomato bath/Puliyogare + Lassi(Mango)
THURSDAY	Shavigebath +Banana/ Corn flakes	Chapati+Veg Pulao + Lassi+Raagi baal +Sweet Corn salad	Samosa/Maddur Vada	Chapati+ Paneer Bhurji + Mysuru Pak
FRIDAY	Akki Rotti + Brinjal Gravy + Chocos	Dal Makhani + Hurulikkattu Sambar + Papad + + Payasa+Veg Kofta	White Sauce Pasta	Chapati + Dry Bendi + Fruits
SATURDAY	Masala Dosa + Chutney+Sambar/Palya+Banana	Chole Bhature +Lemon Rice +Sweet Corn salad +Papad	Bread toast +Badam milk	Rice + Sambar + Papad
SUNDAY	Bread+Butter+ Jam+Avalakki(Poha) + Corn flakes	Bisibele bath+ Curd Rice +Boondi +Drumstick Sambar +Rawa Halwa	Sweet Corn/Palak (Mixed bonda)	Paneer Dum Biryani +Chapati + Mutter Paneer/Pav Bhajji

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana should be Preferred by boarders, Carrot (Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad preferred by boarders.

Approved



Resident Warden
Resident Warden
JSSMC Boys Hostel
Mysuru-15

Chief Warden
CHIEF WARDEN
JSS Medical College-Hostel for Boys
MYSURU-570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDS
MENU LIST FOR THE MONTH OF FEBRUARY - 2025

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Aloo Parota+Upma / Vangibath +Upma+Chocos+Cold milk/	Chapati+Veg kofta+VegPulao + Lassi/Sweet Corn salad	Vada Pav +Nimbu Pani	Masala Dosa +Chutney +Aloo Palya +Peda/Jamun.
TUESDAY	Idli +Vada+Sambar+ Chutney+Chocos+Cold Milk	Chapati+Rajma+Jeera Rice +Mirchi Bajji +Payasa	Samosa/Maddur Vada	Chapati+Black channa Gravy/Fried Aloo Curry+Chocolate Ice Cream
WEDNESDAY	Aloo Vegetable Cury +Poory+Cornflakes	Chapati + Dry Aloo gobi Palya +Papad +Tomato bath	Paanipuri /Masala Puri	Chapati+ Paneer Bhurji + Mysuru Pak
THURSDAY	Shavigebath +Banana/ Corn flakes	Chapati+Paneer Butter Masala +Ghee Rice+Payasa	Sweet Corn/Palak (Mixed bonda)	Aloo Parata + Chutney+Tomato bath/Puliyogare + Lassi(Mango)
FRIDAY	Masala Dosa + Chutney+ Sambar/Palya+Banana	Chole Bhature +Lemon Rice +Sweet Corn salad/Raagi bal + Papad	Paneer Veg Roll	Chapati + Dry Bendi + Fruits
SATURDAY	Akki Rotti + Brinjal Gravy + Chocos	Dal Makhani + Hurulikattu Sambar + Papad + Payasa.	Bread toast +Badam milk	Rice + Sambar + Papad
SUNDAY	Bread+Butter+ Jam+Avalakki(Poha) + Corn flakes	Bisibele bath+ Curd Rice +Boondi +Drumstick Sambar +Rawa Halwa	White Sauce Pasta)	Paneer Dum Biryani +Chapati + Mutter Paneer/Pav Bhajji

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana should be Preferred by boarders, Carrot (Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad preferred by boarders.

Approved


Resident Warden
JSSMC Boys Hostel
Mysuru-15


Chief Warden
JSSMC Boys Hostel
Mysuru-15


Chief Warden
JSS Medical College Hostel for Boys
MYSURU-570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDS
MENU LIST FOR THE MONTH OF MARCH - 2025

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Masala Dosa+Aloo Palya+Chutney /Sambar+ Cold Milk + Chacos	Chapati+Rajma+Dal+Jeera Rice +Mirchi Bajji+Payasa	Samosa+Nimbu Pani	Chapati+Black Channa Gravy+Carrot Halva/Peda
TUESDAY	Aloo Paratha+ Vaangibath + Cold Milk	Chapati+Paneer Butter Masala +Ghee Rice+ Beetroot Palya	Paneer Veg Roll	Chapati+Paneer Bhurji /Mushroom Gravy+Mysuru Pak
WEDNESDAY	Idly+Vada+Sambar+Chutney+Banana	Chapati+Veg Kofta+Veg Pulao+ +Sweet Corn Salad	Maddur Vada /Masala Vada Watermelon Juice	Aloo Paratha +Chutney+ Tomato bath +Fruits Salad.
THURSDAY	Aloo Paratha /Vegetable Curry +Poori+ Cornflakes	Chapati+Dal Makhani+Huruli Kaalu+Mixed Vegetable Palya(Dry)	Sweet Corn/Palak Bonda (Mixed)	Masala Dosa+Aloo Palya +Chutney/Sambar+Gulab Jamun
FRIDAY	Akki Rotti +Brinjal Curry+ Chacos/Pongal	Chole Bathura +Lemon Rice +Ragibal +Papad	Panipuri /Masala Puri	Chapati+ Bendi Masala /Tomato Gravy+ Pista Ice Cream
SATURDAY	Shavigebath+Upma+Banana /Cornflakes	Chapati+Dry Aloo Gobi Palya+Pappad+Tomatobath+Rava Halva+Papad.	Vada Pav/Bread Toast	Rice + Sambar+ Papad
SUNDAY	Bread Butter+ Jam+ Avalakki (Poha) + Corn Flakes	Bisibele bath + Curd Rice+ Khara Boondi +Drumstic Sambar+Payasa.	Churumuri/Girmit+ Pineapple Juice	Chapati+Muttar Paneer/Pav Bhaji+Dum Biriyani +Fruits Salad.

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana should be Preferred by boarders, Carrot (Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad preferred by boarders.

Approved



Chief Warden
CHIEF WARDEN
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 MYSURU-570 015



Resident Warden
Warden
 JSSMC Boys Hostel
 Mysuru-15



Resident Warden
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 Mysuru-15

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS
MENU LIST FOR THE MONTH OF APRIL 2025

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Idly+Vada+Sambar+Chutney+Banana	Chapati+Veg Kofta+Jeera Rice+Payasa	Paneer Samosa/ Aloo Samosa +Water Melon Juice	Chapati+Palak Paneer+Sweet Lassi/Peda
TUESDAY	Aloo Paratha+Upma +Corn Flakes	Chapati+Dal Makhani+Mirchi Bajji+Lemon Rice	Maddur Vada/Masala Vada	Chapati+Dry Bendi +Fruits Salad
WEDNESDAY	Poori +Aloo Jeera+Chocos +Cold Milk.	Chapati+Rajma+Congress Masala +Puliogare+Masala Majjige	Paneer Veg Roll +Pinapple Juice	Chapati+Black Chana Gravy +Chocolate Ice Cream
THURSDAY	Masala Dosa +Chutney +Bread+Butter +Jam	Chole Bhathura+Ghee Rice +Gulab Jamun+Sweet Corn Salad	Palaka Masala Vada +Nimbu Juice	Paneer Paratha+Tomato Bath +Masala Lassi/Mysuru Pak
FRIDAY	Akki Rotti+Pongal +Chacos +Cold Milk	Chapati+Paneer Butter Masala+Pulao+ Rava Halva	Panipuri/Masalapuri	Chapati+Aloo Gravy +Tomatobath+Pista Ice Cream
SATURDAY	Shavigebath+Masala Upma+Banana	Chapati+Aloo Gobi Palya/Aloo Soya+Hurulikkattu +Ragi Ball	Vada Pav+Nimbu Juice	Rice Sambar+Pappad + Curd
SUNDAY	Bread +Butter + Jam + Avalakki (Poha) +Corn flakes	Bisibelebath+Curd Rice+Bhoondi +Drumstic Sambar+Payasa	Churumuri/Sweet Corn	Pav Bhajji+ Paneer Dum Biryani+Fruits

NOTE: White Rice, Sambar, Rasam, Salad, Pickle, Dal, Buttermilk and Curd to be served daily for lunch & Dinner. Coffee, Tea & Milk to be served daily in snacks. Banana should be Preferred by boarders, Carrot (Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday + Friday), Tomato (Thursday + Sunday). Papad preferred by boarders.

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Chief Warden
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MYSURU-570 015




Resident Warden


JSSMC Boys Hostel
Mysuru-15

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS
MENU LIST FOR THE MONTH OF MAY - 2025

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Akki Rott+Brinjal Gravy+ Chocos+Cold Milk+Coffee+Tea	Chole Bhature+Jeera Rice+Gulab Jammun+White Rice+Sambar+Rasam+Spicy Dal+Non-Spicy Dal+ Pickle+Curd+Masala Butter Milk+Salad+ G.N.Seeds Chutney Powder	Mangalore Bhajji +Pineapple Juice	Aloo Paratha+Tamtbath+Mango Lassi+ White Rice+Sambar+Rasam+Spicy Dal+Non Spicy+Pickle+Curd+Milk+ Salad+G.N.Seeds Chutney Powder
TUESDAY	Shavigebath+Masala Upma+ Banana+Coffee+Tea+Badam Milk	Chapati+Beetroot/Beans Palya+Papad+White Rice+Sambar+Rasam+Spicy Dal+Non-Spicy Dal+Pickle+Curd+Masala Butter Milk+Salad+ G.N.Seeds Chutney Powder	Vada Pav +Nimbu Pani	Chapati+Palak Paneer+Chocolate Ice Cream+ White Rice+Sambar+Rasam+ Spicy Dal+Non Spicy+Pickle+Curd+Salad +G.N.Seeds Chutney Powder
WEDNESDAY	Aloo Paratha+Upma+Chutney +Curd+Corn Flakes+Coffee+Tea	Chapati+Paneer Butter Masala+Rava Halva/Payasa+ White Rice+Sambar+Rasam+ Spicy Dal+Non-Spicy Dal+Pickle+Curd+Masala Butter Milk+Salad+G.N.Seeds Chutney Powder	Samosa+ Watermelon Juice	White Channa Grevi+Chapati+Fruits Salad Rice+Sambar+Rasam+Spicy Dal+Non Spicy +Pickle+Curd+Salad+G.N.Seeds Chutney Powder
THURSDAY	Masala Dosa+Chutney+Bread+ Butter+Jam+Coffee+Tea	Chapati+Aloo Soya Gravy+Toamtbath+Masala Majjige+Mosappu Sambar+ White Rice+Rasam+Spicy Dal+Non Spicy+Pickle +Curd+Masala Butter Milk+Salad+G.N.Seeds Chutney Powder	Paanipuri/Masalapuri Coffe +Tea	Chapati+Bendi Dry+Toamato Gojiu+Peda+ White Rice+Sambar+Rasam+Spicy Dal +Non-Spicy Dal+Pickle+Curd +Salad+G.N.Seeds Chutney Powder
FRIDAY	Idly+Vada+Sambar+Chutney+ Banana+Badam Milk+Coffee+Tea	Chapati+Dal Makani+Mirchi/Aloo Bajji+Lemon Rice+ White Rice+Sambar+Rasam+Spicy Dal+Non-Spicy Dal+Pickle+Curd+Masala Butter Milk +Salad+G.N.Seeds Chutney Powder	Dilpasand/Vanilla Cake +Coffee+ Tea	Onion Dosa+Sambar+Mysuru Pak+ White Rice+Sambar+Rasam+Spicy Dal+Non Spicy +Pickle+Curd+Salad+ G.N.Seeds Chutney Powder
SATURDAY	Poori+Veg Gravy/Aloojeera+Chacos +Cold Milk+Coffee+Tea	Chapati+Veg Kofta+Ghee Rice+Hurrikattu+Sweet Corn Salad +White Rice+Sambar+Rasam+Spice Dal+Non Spice+Pickle+Curd+Masala Butter Milk+Salad+ G.N.Seeds Chutney Powder	Vegetable Puff / Aloo Bun +Badam Milk	Rice+Sambar+Papad+ Curd+Pickle+Rasam
SUNDAY	Bread+Butter+Jam+Avalakki(Poha) +Corn Flakes+Coffee+Tea	Soya Pulao+Curd Rice+Papad +Payasa+ White Rice+Sambar+ Rasam+Pickle+Curd+Butter Milk+Salad	Churumuri/Girmit Coffee+Tea	Pav Bhaji+Paneer Dum Biryani+ Fruits Salad +White Rice+Sambar+Rasam +Spicy Dal+Non Spicy+Pickle+ Curd+Salad+G.N.Seeds Chutney Powder


Resident Warden
JSSMC Boys Hostel
Mysuru-15


Warden
JSSMC Boys Hostel
Mysuru-15


CHIEF WARDEN
JSS Medical College Hostel for Boys
MYSURU-570 015

APPROVED

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
MENU LIST APPROVED BY ALL BLOCKS REPRESENTATIVES OF BOARDERS
MENU LIST FOR THE MONTH OF JUNE- 2025

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Aloo Jeera /Vegetable Gravy +Poori +Pongal Coffee +Tea+ Badam Milk	Chapati +Rajma +Beetroot Palya +Coconut Rice +Sambar+Rasam+Spicy Dal+Non-Spicy Dal+Pickle +Curd+ Masala Butter Milk +Salad+G.N. Seeds Chutney Powder	Paneer Pepper fry Juice	Paner Paratha + Tomato bath Mango Lassi
TUESDAY	Masala Dosa +Chutney +Bread+Butter+ Jam Coffe+Tea+Badam Milk	Chapati+Veg Kofta+Huruli Kattu+ Sweet Corn Salad + Jamun	Vegetable, Puffs /Aloo Bun Badam Milk	Chapati+ Paneer Butter Masala+Fruits
WEDNESDAY	Idli, Vada+Sambar+Chutney Banana/Chocos Cold Milk	Chapati + Paneer Butter Masala+ Payasa/ Rava Halva	Mangalore Bajji/ Congress Masala+ Nimbu Pani	Paratha (Wheat) +Mushroom Curry+ Mix Sprouts + Ice Cream (PISTA)
THURSDAY	Aloo Paratha + Masala Upma (Vangibath Masala) +Corn Flakes	Chapati +Dal Makhani+ Carrot Beans Palya Mirchi Bajji / Aloo Bajji + Lemon Rice	Panipuri/Masala Puri Coffe + Tea	Onion Dosa+ Tomato Chutney+Coconut Chutney +Sambar +Peda
FRIDAY	Akki Rotti + Brinjal Gravy +Banana/Chacos +Cold Milk	Chapati +Aloo Soya Gravy + Tomato Bath Mosappu Sambar + Papad	Vada Pav Coffee +Tea	Chapati + Mixed Veg Gravy+ Papad Ice Cream (Butter Scotch)
SATURDAY	Shavige Bath +Corn Flakes +Banana	Chole Bathura + Jeera Rice+ Cabbage Palya/Sweet Corn Salad + Payasa	Samosa/Venilla Cake	White Rice + Sambar+ Curd+ Pappad
SUNDAY	Bread +Butter +Jam +Poha+ Chocos +Cold Milk	Kabul Biryani +Soya Pulao + Curd Rice+ Payasa +Papad	Churmuri /Girmit Coffee +Tea	Pav Baaji+ Veg Biriayani+Puliyogare+ Fruits

APPROVED

CHIEF WARDEN

Chief Warden
JSS Medical College Hostel for Boys
MYSURU-570 015

Resident Warden

JSSMC Boys Hostel
Mysuru-15

JSSMC Boys Hostel
Mysuru-15

Name of the Hostel: JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-15

Details of Provisions Purchases, Milk, Vegetables, Fruits, Gas, Bakery Items etc.,

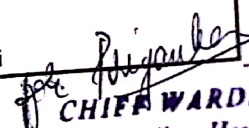
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JSS MEDICAL COLLEGE GIRLS HOSTEL MENU LIST (D- BLOCK 1.06.2024 TO 15.06.2024)				
DAYS	MORNING	AFTERNOON	EVENING	NIGHT
Monday	Coffee, Tea & Milk Choco, Bread, Jam, Butter Fruits Aloo Puri, Aloo jeera curry	Rice, Rasam, Dal, Curd, Chapthi Cucumber, 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
MYSORE 570 015



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)
MYSORF 570 015



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:

- 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.



CHIEF WARDEN


J.S.S Medical College Hostels (Women)
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
 J.S.S Medical College Hostels (Women)
 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


CHIEF WARDEN
 J.S.S. Medical College Hostels (Women)
 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



CHIFF WARDEN
J.S.S Medical College Hostels (Women)
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.


CHIEF WARDEN
J.S.S Medical College Hostels (Women)
MYSORE 570 003



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


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

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	Puliyoggaru, 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


CHIFF WARDEN
 J.S.S Medical College Hostels (Women)
 MYSORE 570 015



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

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



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	Puliyoggar, 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:

- 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

for per
Warden
J.S.S. Medical College
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	Puliyogare, 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
Monday	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
Tuesday	Uttapam, Sambar, Chutney Sprouts, muesli	Dum Aloo curry, Jeera Rice Molake Kaal Sambar, Beetroot Palya, Methi Chapathi	Gobi Manchurian	Pav Bhaji Ice Cream
Wednesday	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
Thursday	Rava Idli, Tomato Curry, Chutney Chocos, Sprouts	Mushroom Curry Dry Aloo Gobi, Veg Sambar, Palak Chapathi	Bonda Soup	Aloo Paratha, Chutney
Friday	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
Saturday	Masala Dosa, Sambar, Chutney Sprouts, Chutney	Chole bathura, Huruli Sambar & palya, Salad	Samosa Tomato Soup	Chapathi, Mix Veg Curry Mudde, Kaal Sambar Sabudana Kheer
Sunday	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
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 PPR
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:

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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
Monday	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,
Tuesday	Rava Idli, Tomato Curry, Chutney Chocos, Sprouts	Mushroom Curry Vegetable Sambar, Methi Chapathi Capsicum Palya, Papad	Gobi Manchurian	Dosa, Aloo Palya Chutney
Wednesday	Bisibele Bath, Mixture Upma	Palak Chapathi, Bitter gourd fry Rajma Curry Tondekayi Sambar	Brownie Vanilla Ice Cream	Chapathi, Mushroom Kadai Bindi Sambar
Thursday	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
Friday	Akki Rotti, Chutney Chocos, Sprouts	Methi Chapathi, Matar Paneer Beetroot Palya Soppu Sambar	Samosa/ Kadle Kaal Husli	Lemon Rice/Puliyoggare Curd Rice Shavige Payasa
Saturday	Aloo Sandwich, Rice Bath Sprouts, Cornflakes	Chole bathura, Veg Salad Molake Huruli Sambar Papad	Vada Pav	Chapathi, Veg Curry Jalebi Heere kayi Sambar
Sunday	Idli, Sambar, Chutney, Vada Vermicelli	Soya Pulao, Raita Papad	Paneer Puff	Rumali Roti/ Parota Palak Paneer Jamun/ Laddu

Note:

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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

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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
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- 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:

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- 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:

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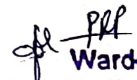
for PRP
Warden
J.S.S. Medical College
Hostel for Women
MYSORE-15



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:

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