

ELITE MESS FACILITY : NUTRITION SCIENCE MEETS HYGIENE EXCELLENCE

At The Royal Sainik Vidyapeeth, nutrition is the foundation of energy, focus, and academic discipline. Our Mess Facility reflects our commitment to excellence, utilizing advanced technology and rigorous hygiene standards.

- ❖ **AIR-CONDITIONED DINING :** The entire Mess is fully air-conditioned, providing a comfortable and relaxing atmosphere essential for enjoying meals and promoting digestion after intensive study or physical training.
- ❖ **STATE-OF-THE-ART KITCHEN :** Food preparation takes place in a State-of-the-Art Kitchen constructed entirely from Food Grade Stainless Steel. This guarantees the highest level of hygiene and cleanliness.
- ❖ **HIGH-TECH FOOD PREPARATION :** We leverage technology to ensure efficiency and consistency, employing high-tech machines such as the Flour Kneader, Roti Making Machine, Pulverisers and Vegetable Cutters.
- ❖ **DINING AREA :** Students dine in a Separate Air Conditioned Dining Area equipped with robust Food Grade Stainless Steel Tables and Benches, designed for cleanliness and durability.
- ❖ **QUALITY INGREDIENTS :** All food is prepared using RO Treated Water, ensuring purity in every meal served.
- ❖ **NUTRITIONAL EXCELLENCE :** The menu, overseen by a Trained Chef and dedicated Mess Staff, is a Nutritionally Balanced Vegetarian menu, carefully designed to fuel the rigorous academic, physical, and competitive demands placed upon our



DAY	BREAKFAST	BREAK	LUNCH	REFRESHMENT	DINNER
Monday	Grilled Sandwich, Milk	Bhel Puri	Rajma, Seasonal Vegetable, Rice, Chapatti, Lassi, Salad	Biscuit / Namkeen Fruit	Dal, Seasonal Vegetable, Chapatti, Milk, Gulab Jamun / Ice Cream
Tuesday	Poha, Curd	Maggi	Dal, Seasonal Vegetable, Chutney, Rice, Chapatti, Lassi, Salad	Biscuit / Namkeen Fruit	Mix Vegetable, Dal, Chapatti, Kheer
Wednesday	Fried Rice, Curd	Biscuit / Fruit	Matar-Paneer, Seasonal Vegetable Rice, Chapatti, Lassi, Salad	Biscuit / Namkeen Fruit	Dal, Seasonal Vegetable, Chapatti, Milk
Thursday	Paratha, Curd, Pickle	Halwa	Chana Dal, Seasonal Vegetable, Rice, Chapatti, Lassi, Salad	Biscuit / Namkeen Fruit	Cholla, Seasonal Vegetable, Chapatti, Milk, Ice Cream/ Gulab Jamun
Friday	Missi Roti, Aloo Sabzi/ Dal, Pickle	Macroni	Kaddi Pakoda, Seasonal Vegetable Rice, Chapatti, Lassi, Salad	Biscuit / Namkeen Fruit	Dal Makhani, Seasonal Vegetable, Chapatti, Milk, Fruit Custard
Saturday	Cornflakes, Milk, Banana	Fried Cholle	Cholle-Puri, Raita, Salad, Green Chilli Pickle	Biscuit / Namkeen Fruit	Soyabean Aaloo, Seasonal Vegetable, Chapatti, Milk
Sunday	Aloo Parantha, Curd, Pickle		Kaddi, Rice, Salad	Biscuit / Namkeen Fruit	Sev Bhaji, Seasonal Vegetable, Chapatti, Milk

NOURISH YOUR body, FEED YOUR MIND.
Good food is THE FOUNDATION of GREAT LEARNING

