

Mess Menu (Weekly Sample)

HOSTEL

Session 2026-27

The **Mess Menu** at Atulya Defence Academy is carefully crafted to provide cadets with **healthy, balanced, and delicious meals**. Food is fuel for both the **mind and body**, and our menu ensures cadets remain energetic, disciplined, and ready for academics and training.



Philosophy Behind the Menu

- 🍌 Provide essential nutrients for growing cadets.
- 🍽️ Offer variety to avoid monotony.
- 🏃 Support physical fitness and mental sharpness.
- 🥬 Encourage lifelong healthy eating habits.

"A strong body and sharp mind are built on a balanced plate."



Weekly Sample Menu

Here's a glimpse of what a typical week in the mess looks like:

Monday

Breakfast: Poha, milk, seasonal fruit

Lunch: Dal fry, jeera rice, sabzi, chapati, salad, curd

Snack: Veg sandwich & juice

Dinner: Paneer curry, rice, roti, salad, sweet dish

Tuesday

Breakfast: Stuffed paratha, curd, fruit

Lunch: Rajma curry, rice, sabzi, chapati, salad

Snack: Upma with chutney

Dinner: Chicken curry/veg option, roti, rice, dal, kheer

Wednesday

Breakfast: Idli, sambhar, chutney

Lunch: Chole bhature, salad, pickle

Snack: Bhel puri, lemonade

Dinner: Mix veg curry, roti, rice, dal tadka, halwa

Thursday

Breakfast: Eggs/paneer bhurji, toast, fruit

Lunch: Kadhi pakora, rice, sabzi, chapati

Snack: Pasta with juice

Dinner: Fish curry/veg option, roti, rice, custard

Friday

Breakfast: Dosa, sambhar, chutney

Lunch: Soya curry, rice, roti, salad

Snack: Corn chaat & juice

Dinner: Kofta curry, jeera rice, dal makhni, sweet

Saturday

Breakfast: Bread-butter/jam, eggs/paneer, fruit

Lunch: Veg pulao, dal fry, salad, raita

Snack: Pakoras with tea

Dinner: Chicken biryani/veg option, raita, salad, gulab jamun

Sunday

Breakfast: Poori bhaji, milk, fruit

Lunch: Special thali with dal, rice, sabzi, chapati, dessert

Snack: Fruit chaat

Dinner: Paneer butter masala, naan, salad, ice cream



Final Note

The mess team ensures meals are **hygienic, balanced, and timely**. While the menu may vary by season, our mission stays constant: giving cadets the **right fuel for growth, discipline, and success**.

“Healthy meals today build stronger cadets for tomorrow.”

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