Sustainable Food Choices and Responsible Campus Food Service Policy

BRAINWARE UNIVERSITY

BRAINWARE UNIVERSITY
398, Ramkrishnapur Road, Barasat, North 24 Parganas, Kolkata - 700 125

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Table of Contents

1. Preamble....1
2. Purpose....1
3. Scope....2
4. Definitions....2
   4.1 Vegetarian Food....2
   4.2 Vegan Food....2
   4.3 Sustainable Food....3
   4.4 Local Food....3
   4.5 Seasonal Food....3
   4.6 Food Waste....3
5. Objectives....3
6. Coverage of Campus Food Outlets....4
7. Vegetarian Food Provision....4
8. Vegan Food Provision....4
9. Sustainable, Local and Seasonal Food Choices....5
10. Healthy and Affordable Options....5
11. Sustainable Procurement....6
12. Outsourced Caterer Requirements (If any)....7
13. Food Waste Minimisation....7
14. Roles and Responsibilities....8
   14.1 University Administration....8
   14.2 IQAC....8
   14.3 Food-Service/Canteen Management....8
   14.4 Procurement/Stores Department....8
   14.5 Students and Employees....9
   14.6 Outsourced Vendors....9
15. Student and Staff Feedback....9
16. Annual Reporting....10
17. Public Disclosure....10

18. Alignment with Sustainable Development Goals 11
19. Review of Policy 11
20. Policy Commitment 12
Annexure - I: Sustainable food choices for all on campus 13
A. Brainware University Hostel - Summer Menu 13
B. Brainware University Hostel - Winter Menu 14
C. Vegetarian And Vegan Food Substitution Chart 15
D. Brainware University Canteen Summer Menu - Non-Vegetarian 16
E. Brainware University Canteen Summer Menu - Vegetarian 17
F. Brainware University Canteen Winter Menu - Non-Vegetarian 18
G. Brainware University Canteen Winter Menu - Vegetarian 19
H. Food Court Menu 16
Breakfast: 16
Lunch: 16
Snacks: 18

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1. Preamble

Brainware University is committed to creating a healthy, inclusive, environmentally responsible and socially sustainable campus. Food services are an important component of campus life and have implications for **health and nutrition, affordability, environmental sustainability, local economic development, resource conservation and food-waste management**.

The University recognises that responsible food choices and sustainable food-service practices can contribute to the achievement of the **United Nations Sustainable Development Goals (SDGs)**, particularly SDG 2: Zero Hunger, SDG 3: Good Health and Well-being, SDG 12: Responsible Consumption and Production and SDG 13: Climate Action.

Accordingly, Brainware University establishes this **Sustainable Food Choices and Responsible Campus Food Service Policy** to promote the availability of vegetarian and vegan food choices, encourage healthy and affordable food, support local and seasonal food procurement, reduce food waste, improve food-service sustainability and encourage responsible consumption across the campus.

2. Purpose

The purpose of this Policy is to establish a framework for:

i. Providing adequate vegetarian food choices across campus food outlets.
ii. Encouraging availability of vegan food options.
iii. Promoting healthy, nutritious and affordable food choices.
iv. Increasing the use of local and seasonal food wherever practicable.
v. Encouraging environmentally responsible food procurement.
vi. Minimising food waste and promoting responsible consumption.
vii. Establishing sustainability requirements for outsourced food-service providers.
viii. Providing transparent food labelling and information.
ix. Encouraging students and employees to make informed and responsible food choices.
x. Maintaining documentary evidence for institutional sustainability assessment, accreditation and reporting.

3. Scope

This Policy applies to all food-related activities undertaken on or on behalf of Brainware University, including:

- University canteens and cafeterias;
- Food courts and dining areas;
- Hostel/mess food services;
- Vending facilities providing food;
- Temporary food stalls and food counters;
- University events, conferences, seminars and FDPs;
- Catering services engaged by the University;
- Outsourced/contractual food-service providers;
- University-approved food vendors operating on campus.

The Policy applies to food purchased, prepared, served, distributed or sold through university-controlled or University-authorised food-service facilities.

4. Definitions

4.1 Vegetarian Food

Food that does not contain meat, poultry, fish, seafood or products derived from slaughtered animals.
Vegetarian food may include:

- vegetables;
- fruits;
- cereals and grains;
- pulses;
- legumes;
- dairy products;

4.2 Vegan Food

Food prepared without ingredients derived from animals, including:

- meat;
- poultry;
- fish;
- milk and dairy products;

- eggs;
- gelatin and other animal-derived ingredients.

Where practicable, vegan dishes shall be clearly identified on menus.

4.3 Sustainable Food

For this Policy, sustainable food refers to food choices and food-service practices that seek to reduce environmental impacts, promote responsible resource use, support local/seasonal sourcing where feasible, minimise food waste and contribute to healthy and socially responsible food systems.

4.4 Local Food

Food produced, processed or sourced from suppliers located within a reasonably proximate geographical area, subject to availability, quality, food-safety requirements and economic feasibility.

4.5 Seasonal Food

Food that is naturally available or produced during the relevant local/regional growing or production season.

4.6 Food Waste

Edible or inedible food material discarded during purchasing, storage, preparation, serving or consumption.

5. Objectives

Brainware University shall endeavour to:

a) Maintain adequate vegetarian food availability across campus.
b) Increase the availability and visibility of vegan food options.
c) Promote healthy and nutritionally balanced meals.
d) Ensure that affordable food choices are available to students and employees.
e) Encourage local and seasonal food procurement.
f) Reduce dependence on unnecessarily resource-intensive food practices.
g) Reduce food waste generated through campus food services.

h) Promote responsible food consumption among students and staff.
i) Establish sustainability requirements for food-service contractors.
j) Encourage environmentally responsible packaging and serving practices.
k) Monitor food-service sustainability performance.
l) Maintain records supporting institutional sustainability and SDG reporting.

6. Coverage of Campus Food Outlets

The University shall endeavour to ensure that all University-controlled or University-authorised food outlets progressively align with this Policy.

7. Vegetarian Food Provision

Brainware University shall ensure that vegetarian food constitutes a significant and readily available component of campus food services.

The University shall encourage food-service providers to:

- provide vegetarian meals regularly;
- offer vegetarian alternatives during major events;
- maintain adequate variety in vegetarian menus;
- include vegetables, pulses, cereals, legumes and other nutritious ingredients;
- clearly identify vegetarian dishes;
- maintain appropriate hygiene and food-safety practices;
- avoid cross-contamination wherever separate preparation is required.

Vegetarian food shall not be treated merely as an alternative but shall be integrated as a regular component of campus food services.

8. Vegan Food Provision

The University shall encourage the availability of vegan food choices in campus food outlets, subject to demand, availability, affordability and operational feasibility.
Vegan options may include:

- plant-based meals;
- vegetable-based dishes;
- pulses and legumes;

- rice and grain-based meals;
- plant-based snacks;
- salads;
- fruits;
- plant-based beverages;
- other foods prepared without animal-derived ingredients.

Where vegan food is provided, the food outlet shall clearly identify it as "Vegan".
The University shall progressively increase the availability and visibility of vegan choices based on student/staff demand and feedback.

9. Sustainable, Local and Seasonal Food Choices

The University shall encourage food-service providers to increase the use of locally available and seasonal food products where practical.
Preference may be given to:

- locally sourced vegetables and fruits;
- seasonal produce;
- locally produced food products;
- regionally available grains and pulses;
- suppliers following responsible production practices;
- products with reduced packaging;
- food products with appropriate sustainability credentials were reasonably available.

Local and seasonal procurement shall remain subject to:

- food safety;
- quality;
- availability;
- price;
- reliability of supply;
- applicable statutory requirements.

The University shall encourage menus that make greater use of seasonal produce.

10. Healthy and Affordable Options

Campus food services shall endeavour to provide food that is:

- nutritious;

- hygienically prepared;
- reasonably priced;
- suitable for regular consumption;
- available in appropriate portion sizes.

Food outlets are encouraged to provide:

- fresh fruits;
- vegetables;
- salads;
- pulses and legumes;
- whole grains where practicable;
- nutritious snacks;
- adequate drinking water;
- low-oil and balanced meal alternatives.

Food-service providers are encouraged to offer affordable meal combinations for students.
The University shall periodically review the affordability and accessibility of campus food options.

11. Sustainable Procurement

The University shall encourage responsible procurement of food and related materials.
Procurement considerations may include:

a) Local availability.
b) Seasonal availability.
c) Quality and food safety.
d) Affordability.
e) Responsible sourcing.
f) Reduction of unnecessary packaging.
g) Recyclable/reusable packaging where feasible.
h) Reduction of single-use materials.
i) Efficient transportation and delivery practices.
j) Supplier sustainability practices.

Where food procurement is outsourced, sustainability requirements may be incorporated into:

- tenders;
- quotations;

- contracts;
- service-level agreements;
- vendor evaluation criteria.

12. Outsourced Caterer Requirements (If any)

All outsourced food-service providers operating on behalf of Brainware University shall be expected to comply with this Policy and applicable statutory requirements.
Contracts/agreements may require caterers to:

- provide vegetarian food regularly;
- provide vegan options where feasible;
- maintain food hygiene and safety;
- display prices clearly;
- minimise food waste;
- avoid unnecessary food packaging;
- use local and seasonal ingredients where practicable;
- maintain appropriate food storage;
- maintain records of food procurement and waste;
- cooperate with university monitoring;
- submit relevant sustainability information when requested.

Non-compliance may be addressed through contractual review, corrective action or other measures specified in the relevant agreement.

13. Food Waste Minimisation

Brainware University shall promote the principle of **"Prevent, Reduce, Reuse where safe, and Responsibly Manage"** food waste.
Food-service providers shall endeavour to:

- accurately estimate food demand;
- avoid excessive food preparation;
- monitor leftovers;
- maintain appropriate portion sizes;
- encourage responsible consumption;
- separate food waste from other waste streams;
- maintain food-waste records where practicable;
- explore safe redistribution of surplus food where legally and operationally feasible;

- promote composting or other appropriate organic-waste management systems.

Food safety shall always take precedence over food redistribution.

14. Roles and Responsibilities

14.1 University Administration

The University Administration shall:

- facilitate implementation of the Policy;
- incorporate appropriate requirements into food-service contracts;
- support sustainable procurement;
- coordinate with food-service providers.

14.2 IQAC

IQAC shall:

- support institutional monitoring;
- coordinate documentation;
- review implementation evidence;
- facilitate sustainability/SDG reporting;
- recommend improvement measures.

14.3 Food-Service/Canteen Management

Food-service operators shall:

- implement the Policy;
- maintain menus and food labels;
- provide vegetarian and vegan options as applicable;
- maintain food-safety standards;
- minimise food waste;
- maintain required records.

14.4 Procurement/Stores Department

The concerned department shall:

- maintain procurement records;
- encourage local/seasonal sourcing;
- maintain supplier information;
- support responsible procurement practices.

14.5 Students and Employees

Students and employees are encouraged to:

- make informed food choices;
- avoid unnecessary food wastage;
- use food responsibly;
- provide constructive feedback;
- support sustainable food-service practices.

14.6 Outsourced Vendors

Outsourced vendors shall comply with the University's contractual requirements and cooperate with monitoring and verification activities.

15. Student and Staff Feedback

The University shall encourage feedback from students and employees regarding:

- food quality;
- affordability;
- vegetarian choices;
- vegan choices;
- healthy food options;
- food variety;
- food hygiene;
- sustainability practices;
- food-waste reduction.

Feedback may be collected through:

- online surveys;
- QR-code feedback systems;
- suggestion boxes;
- student committees;
- grievance/feedback mechanisms;
- periodic food-service satisfaction surveys.

Feedback shall be reviewed periodically, and appropriate corrective/improvement measures may be initiated.

16. Annual Reporting

The concerned University authority, in coordination with IQAC and relevant departments, may prepare an Annual Sustainable Campus Food Service Report.

The report may include:

- number of food outlets covered;
- vegetarian food availability;
- vegan food availability;
- healthy and affordable food options;
- local/seasonal procurement;
- sustainable procurement initiatives;
- food-waste generation and reduction initiatives;
- vendor compliance;
- student/staff feedback;
- corrective and improvement actions;
- sustainability awareness initiatives.

Where sufficient data are available, year-on-year comparisons may be presented to demonstrate continuous improvement.

17. Public Disclosure

Brainware University may disclose relevant information regarding its sustainable food-service initiatives through:

- University website;
- sustainability/SDG reports;
- annual reports;
- IQAC reports;
- institutional sustainability reports;
- accreditation/ranking submissions;
- campus notices;
- student handbooks;
- other official University publications.

Only verified and appropriately documented data shall be publicly reported.

Personal, commercially sensitive or confidential vendor information shall not be disclosed unless authorised and legally permissible.

18. Alignment with Sustainable Development Goals

The implementation of this Policy contributes primarily to:

SDG	Relevance
SDG 2 – Zero Hunger	Promotes access to nutritious and affordable food choices
SDG 3 – Good Health and Well-being	Encourages healthy and balanced food options
SDG 8 – Decent Work and Economic Growth	Supports responsible local procurement and local suppliers
SDG 12 – Responsible Consumption and Production	Promotes sustainable procurement and food-waste reduction
SDG 13 – Climate Action	Encourages lower-impact food choices and resource-efficient practices
SDG 15 – Life on Land	Supports responsible food consumption and sustainable resource use

19. Review of Policy

This Policy shall be reviewed **at least once every three years**, or earlier where necessary due to:

- changes in legislation or regulatory requirements;
- changes in university operations;
- changes in food-service arrangements;
- sustainability objectives;
- stakeholder feedback;
- institutional sustainability assessments;
- emerging good practices.

Recommendations arising from monitoring, audits, feedback and annual reporting shall be considered during the policy review.

Any revision shall be placed before the competent approval authority.

20. Policy Commitment

Brainware University is committed to progressively developing a **healthy, inclusive, affordable and environmentally responsible campus food environment**. Through responsible food choices, sustainable procurement, food-waste minimisation, stakeholder participation and continuous monitoring, the University shall seek to integrate sustainability principles into its day-to-day food-service operations.

The University recognises that sustainable food practices are a shared responsibility and therefore encourages the active participation of **students, faculty, staff, administrators, food-service providers, vendors and other campus stakeholders** in achieving the objectives of this Policy.

Annexure - I: Sustainable food choices for all on campus

A. Brainware University Hostel - Summer Menu

DAY	BREAKFAST	LUNCH	TIFFIN	DINNER
Monday	Bread/Jam, Banana, Tea	Rice, Dal, Bhaja, Sabji + Egg Curry Veg: Sukto	Singara/Muri, Tea	Rice/Roti, Dal, Papad, Sabji + Chicken Curry Veg: Mixed Veg
Tuesday	Roti, Sabji, Sweet, Tea	Rice, Dal, Bhaja, Sabji + Fish Veg: Cabbage/Fulkopi	Patis/Pasta, Tea	Pulao/Fried Rice + Alur Dom + Payesh
Wednesday	Bread, Ghugni, Laddu, Tea	Rice, Dal, Bhaja, Sabji + Egg Kasa Veg: Mixed Veg/Alu Patol	Upma/Patis, Tea	Rice/Roti or Pulao + Chicken Kasa Veg: Paneer
Thursday	Luchi, Cholar Dal, Tea	Rice, Dal, Bhaja, Sabji, Chatni	Chowmein, Tea	Rice/Roti, Veg Dal + Paneer + Beguni
Friday	Roti, Alur Dom, Tea	Rice, Dal, Bhaja, Sabji + Egg Curry Veg: Patol/Masala Vendi	Chirer Pulao/Chop, Tea	Chicken Biryani + Chicken Chanp Veg: Veg Biryani + Sahi Paneer
Saturday	Bread, Ghugni, Boiled Egg, Tea Veg: Laddu/Sweet	Rice, Dal, Bhaja, Sabji + Fish/Doi Fish Veg: Cabbage/Echor	Chop/Muri/Chirer Pulao, Tea	Rice/Roti, Dal, Bhaja, Sabji + Egg Curry Veg: Dhoka
Sunday	Luchi/Parota, Alur Sabji, Tea	Rice, Dal, Bhaja, Sabji + Chicken Curry with Potato Veg: Paneer + Ice Cream/Misti Doi	Cake/Biscuits, Tea	Rice/Roti, Veg Dal, Bhaja, Sabji + Payesh

B. Brainware University Hostel - Winter Menu

DAY	BREAKFAST	LUNCH	TIFFIN	DINNER
Monday	Bread/Butter/Jam, Laddu, Tea	Rice, Dal, Bhaja, Sabji + Egg Curry Veg: Sukto/Puisak	Patis/Singara, Tea	Rice/Roti, Dal, Papad, Sabji + Chicken Curry Veg: Mixed Veg/Rajma
Tuesday	Roti, Alu Chocchori/Sabji, Tea	Rice, Dal, Bhaja, Sabji + Fish Veg: Cabbage/Fulkopi	Singara/Muri/Pasta, Tea	Pea Rice/Pulao + Alur Dom/Chilli Soyabin + Payesh
Wednesday	Bread, Alur Dom, Laddu, Tea	Rice, Dal, Bhaja, Sabji + Egg Kasa Veg: Mixed Veg/Alu Patol	Upma/Chirer Pulao, Tea	Pulao/Fried Rice + Chicken Kasa/Methi Chicken Veg: Methi Paneer
Thursday	Luchi, Cholar Dal, Tea	Rice, Dal, Bhaja, Sabji, Chatni	Chop/Muri/Chowmein, Tea	Rice/Roti, Veg Dal + Paneer + Beguni
Friday	Roti, Alu Kumro Sabji/Alur Dom, Tea	Rice, Dal, Bhaja, Sabji + Egg Curry Veg: Masala Vendi/Patol	Chirer Pulao/Upma, Tea	Chicken Biryani + Chicken Chanp Veg: Veg Biryani + Sahi Paneer
Saturday	Bread, Ghugni, Boiled Egg, Tea Veg: Laddu/Sweet	Rice, Dal, Bhaja, Sabji + Doi Fish/Fish Veg: Soyabin/Cabbage/Fulkopi	Chire Bhaja/Chirer Pulao/Chop, Tea	Rice/Roti, Dal, Bhaja, Sabji + Egg Curry Veg: Dhoka
Sunday	Luchi/Parota, Fulkopi-Alu/Alur Dom, Tea	Rice, Dal, Bhaja, Sabji + Chicken Curry with Potato Veg: Paneer + Misti Doi/Ice Cream	Cake/Biscuits, Tea	Rice/Roti, Veg Dal, Bhaja, Sabji + Payesh

Note: Dal, Rice, Roti and Common Sabji are repeatable items. Menu may change subject to availability of ingredients.

C. Vegetarian And Vegan Food Substitution Chart

NON-VEGETARIAN		**VEGETARIAN ALTERNATIVE**	
Items	**Kcal/ 100 gm**	**Items**	**Kcal/ 100 gm**
Egg Curry	100 Kcal	Sukto / Mixed Veg / Patol	70/80/60 Kcal
Egg Kasa	115 Kcal	Mixed Veg / Alu Patol	80/ 60 Kcal
Fish Curry	90 Kcal	Cabbage / Fulkopi / Echor	45/50/110 Kcal
Doi Fish	110 Kcal	Cabbage / Soyabin	55/85 Kcal
Chicken Curry	130 Kcal	Mixed Veg / Rajma / Paneer	80/ 85/ 145 Kcal
Chilli Chicken	145 Kcal	Chilli Paneer	170 Kcal
Methi Chicken	125 Kcal	Methi Paneer	150 Kcal
Chicken Kasa	140 Kcal	Paneer preparation	145 Kcal
Chicken Biryani	255 Kcal	Veg Biryani	125 Kcal
Chicken Chaap	200 Kcal	Sahi Paneer	145 Kcal
Chicken Curry with Potato	135 Kcal	Paneer with Potato	120 Kcal

D. Brainware University Canteen Summer Menu - Non-Vegetarian

Day	Dal	Kcal /100g	Vaja	Kcal /100g	Sabji	Kcal /100g	Egg	Kcal /100g (one egg only)	Fish	Kcal /100g	Chicken	Kcal /100g	Extra Vaja	Kcal /100g	Extra Sabji	Kcal /100g	Extra	Kcal /100g
Mon	Mug Dal	90	Alu Vaja	150	Lau-Bori	70	Egg Curry	110	Fish Kalia	160	Chicken-Potato	140	Kumroli	180	Dhoka	150	Haser Dim / Chicken Leg	180 / 180
Tue	Dal	95	Bat Papar	350	Soyabin	130	Egg Curry	110	Doi/ Sorshe Fish	110	Chicken Kasa	160	Beguni	220	Sukto	70	Haser Dim / Methi Chicken	180 / 160
Wed	Mug Dal	90	Alu Chokha	110	Patol/ Mixed Veg	70/ 80	Egg Dopeyaja	150	Fish-Potato	120	Chicken Kasa	160	Kumroli	180	Alu Posto	150	Haser Dim / Butter Chicken	180 / 250
Thu	Veg Dal	90	Potato Chips	320	Alu-Patol	90	Sorshe Egg	130	Fish Kasa	150	Chicken-Potato	140	Beguni	220	Kopta	90	Haser Dim / Chicken Rezala	180 / 230
Fri	Mug Dal	95	Alu Chokha	110	Karai Soyabin	150	Egg Curry	110	Fish Jhol	90	Chicken Kasa	160	Kumroli	180	Mixed Veg	80	Haser Dim / Methi Chicken	180 / 160
Sat	Mixed Dal	100	Papar	350	Alu Posto	150	Egg Kasa	115	Doi/Sorshe Fish	110	Chicken-Potato	140	Beguni	220	Patal Dorma	130	Haser Dim / Butter Chicken	180 / 250

E. Brainware University Canteen Summer Menu - Vegetarian

Day	Dal	Kcal /100g	Vaja	Kcal /100g	Sabji	Kcal /100g	Extra Vaja	Kcal /100g	Extra Sabji	Kcal /100g	Extra	Kcal of total thali
Mon	Mug Dal	90	Alu Vaja	150	Lau-Bori	70	Kumroli	180	Dhoka	150	Pure Veg Combo	530
Tue	Dal	95	Bat Papar	350	Soyabin	130	Beguni	220	Sukto	70	Pure Veg Thali	665
Wed	Mug Dal	90	Alu Chokha	110	Patol/Mixed Veg	70/80	Kumroli	180	Alu Posto	150	Pure Veg Combo	530
Thu	Veg Dal	90	Potato Chips	320	Alu-Patol	90	Beguni	220	Kopta	90	Pure Veg Thali	665
Fri	Mug Dal	95	Alu Chokha	110	Karai Soyabin	150	Kumroli	180	Mixed Veg	80	Pure Veg Combo	530
Sat	Mixed Dal	100	Papar	350	Alu Posto	150	Beguni	220	Patal Dorma	130	Pure Veg Thali	665

F. Brainware University Canteen Winter Menu - Non-Vegetarian

Day	Dal	Kcal /100g	Vaja	Kcal /100g	Sabji	Kcal /100g	Egg	Kcal /100g (one egg only)	Fish	Kcal /100g	Chicken	Kcal /100g	Kcal /100g	Extra Sabji	Kcal /100g	Extra	Kcal /100g
Mon	Mug Dal	90	Bat Papar	350	Lau-Bori/ Bandhakopi	70/ 45	Egg Curry	110	Fish Kalia	160	Chicken-Potato	140	110	Dhoka	150	Haser Dim / Chicken Leg	180 / 180
Tue	Dal/ Mug Dal	95/ 90	Chips	320	Alu-Fulkopi/ Soyabin	90/ 130	Egg Curry	110	Doi Fish	110	Chicken Kasa	160	110	Beguni	220	Haser Dim / Methi Chicken	180 / 160
Wed	Mug Dal	90	Alu Chokha	110	Karai Soyabin/ Patol	150 / 70	Egg Dopeyaja	150	Fish-Potato-Dhonepata	120	Chicken Kasa	160	110	Alu Posto	150	Haser Dim / Butter Chicken	180 / 250
Thu	Veg/ Dhonepata Dal	90/ 85	Bat Papar	350	Palangsak/ Echore	70/ 110	Sorshe Egg	130	Fish Kasa	150	Chicken-Potato	140	110	Mixed Veg/ Kopta	80/ 90	Haser Dim / Chicken Rezala	180 / 230
Fri	Mug Dal	90	Alu Chokha	110	Cabbage/ Karai Soyabin	70/ 150	Egg Curry	110	Fish Jhol	90	Chicken Kasa	160	110	Kopta/ Kumroli	90/ 180	Haser Dim / Methi Chicken	180 / 160
Sat	Mixed Dal	100	Papar/ Alu Vaja	350	Alu Posto/ Paneer	150 / 145	Egg Kasa	115	Doi/Sorshe Fish	110	Chicken-Potato	140	110	Beguni/ Patal Dorma	220/ 130	Haser Dim / Butter Chicken	180 / 250

G. Brainware University Canteen Winter Menu - Vegetarian

Day	Dal	Kcal /100g	Vaja	Kcal /100g	Sabji	Kcal /100g	Extra Vaja	Kcal /100g	Extra Sabji	Kcal /100g	Extra	Kcal of total thali
Mon	Mug Dal	90	Bat Papar	350	Lau-Bori/ Bandhakopi	70/45	Jhuri Alu Vaja	110	Dhoka	150	Pure Veg Combo	530
Tue	Dal/Mug Dal	95/90	Chips	320	Alu-Fulkopi/ Soyabin	90/130	Jhuri Alu Vaja	110	Beguni	220	Pure Veg Thali	665
Wed	Mug Dal	90	Alu Chokha	110	Karai Soyabin/ Patol	150/70	Jhuri Alu Vaja	110	Alu Posto	150	Pure Veg Combo	530
Thu	Veg/ Dhonepata Dal	90/85	Bat Papar	350	Palangsak/ Echore	70/110	Jhuri Alu Vaja	110	Mixed Veg/Kopta	80/90	Pure Veg Thali	665
Fri	Mug Dal	90	Alu Chokha	110	Cabbage/ Karai Soyabin	70/150	Jhuri Alu Vaja	110	Kopta/Kumroli	90/180	Pure Veg Combo	530
Sat	Mixed Dal	100	Papar/Alu Vaja	350	Aloo Posto/Paneer	150/145	Jhuri Alu Vaja	110	Beguni/Patal Dorma	220/130	Pure Veg Thali	665

H. Food Court Menu

Breakfast:

Item	Serving	kcal
Luchi-Alu Sabji	4 luchi + sabji	450
Luchi-Ghugni	4 luchi + ghugni	450
Luchi-Chana	4 luchi + chana	450
Naan-Chana	2 naan + chana	420
Alu Paratha	1 pc	300
Kachuri-Cholar Dal	2 kachuri + dal	400
Kachuri-Alu Sabji	2 kachuri + sabji	400
Dahi Vada	2 pcs	200
Idli	2 pcs with sambar	180
Plain Maggie	1 pack	350
Boiled Egg	1 egg	75
Egg Omelette	1 egg	100
Egg Toast	2 slices	250
Butter Toast	2 slices	200
Chicken Grilled Sandwich	1 sandwich	300

Lunch:

Item	Serving	kcal
	Rice and Pasta	
Veg Fried Rice	~250g	350
Egg Fried Rice	~250g	420
Basanti Pulao	~200g	300
Sambar Rice	~250g	260
White Sauce / Mix Sauce Pasta	~200g	390
	Chicken	
Chicken Kasha	~150g	280
Chili Chicken	~150g	300
Butter Chicken	~150g	350
Hot Garlic Chicken	~150g	280

Methi Chicken	~150g	250
Chicken Manchurian	~150g	300
Chicken Drumstick	1-2 pcs	250
Leg Kasha	1 leg + gravy	300
Chicken Rogan Josh (special)	~150g	320
Chicken Jhal Frezi (special)	~150g	280
Chicken Chap (special)	~150g	350
Paneer and Veg		
Chili Paneer	~120g	320
Garlic / Hot Garlic Paneer	~120g	300
Paneer Butter Masala	~120g	350
Veg Manchurian	~150g	250
Rajma	~150g	180
Chana Masala	~150g	200
Mixed Veg	~120g	100
Alu Dam	~150g	180
Egg		
Egg Kasha	1 egg + gravy	175
Bread		
Plain Paratha	1 pc	200
Laccha Paratha	1 pc	230
Methi Paratha	1 pc	180
Roomali Roti	1 pc	100
Noodles		
Veg Chow	~250g	380
Egg Chow	~250g	450
Egg Chicken Chow	~250g	520
South Indian		

Masala Dosa	1 dosa	300
Butter Masala Dosa	1 dosa	370
Momo (all day)		
Chicken Momo	5 pcs	250

Snacks:

Item	Serving	kcal
Chops and Fried Items		
Veg Chop	1 pc	130
Soya / Soyabin Chop	1 pc	130
Mocha Chop	1 pc	120
Capsicum Chop	1 pc	130
Aam Chop	1 pc	120
Chicken Chop	1 pc	200
Chingri Chop	1 pc	180
Lotte / Lote Fish Chop	1 pc	180
Chicken Pakoda	~100g	250
Chicken Lollipop	2 pcs	250
Chicken Cutlet	1 pc	220
Fried Wings	3 pcs	300
Chicken Satay	3 skewers	200
Bread Egg Puff	1 pc	250
Fish		
Fish Finger	3 pcs	250
Fish Fry	1 pc	220
Vetki Fish Fry	1 pc	300
Fish Kachuri with Alu Dam	2 pcs	400
Egg		
Egg Devil	1 pc	180
Egg Chicken Devil	1 pc	230
Rolls		
Egg Roll	1 roll	380

Kabul Roll	1 roll	400
Paneer Roll	1 roll	420
Chicken Roll	1 roll	420
Egg Chicken Roll	1 roll	480
Other		
Pan Fried Momo	6 pcs	350
Chicken Keema Maggie	1 plate	400
Chicken Mughlai	1 pc	450