



Healthy, Affordable and Sustainable Campus Food Policy

BRAINWARE UNIVERSITY



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

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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.

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. Institutional Commitment to Healthy and Affordable Food

The University's policy establishes food services as an institutional responsibility linked to health, nutrition, affordability, environmental sustainability and responsible consumption. The policy purpose explicitly includes promoting healthy, nutritious and affordable food choices and maintaining documentary evidence for sustainability assessment, accreditation and reporting.

- Healthy and nutritionally balanced meals are identified as a formal policy objective.
- Affordable food choices are required for students and employees.
- Campus food services are expected to provide nutritious and hygienically prepared food at reasonable prices.
- Appropriate portion sizes are identified as part of healthy food provision.
- Food outlets are encouraged to provide fresh fruits, vegetables, salads, pulses and legumes, whole grains, nutritious snacks, drinking water and low-oil/balanced alternatives.
- The University commits to periodically reviewing affordability and accessibility of campus food options.



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3. Brainware University Hostel Menu

A. 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



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B. 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.



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C. Healthy Menu

NON-VEGETARIAN		VEGETARIAN	
Items	Kcal/ 100 gm	Items	Kcal/ 100 gm
Egg Curry	100 Kcal	Sukto	70 Kcal
Fish Curry	90 Kcal	Alu Patol	90 Kcal
Doi Fish	110 Kcal	Cabbage	45 Kcal
Chicken Curry	130 Kcal	Soyabin	130 Kcal
Chicken Curry with Potato	140 Kcal	Mixed Veg	80 Kcal
Methi Chicken	110 Kcal	Rajma	85 Kcal
		Methi Paneer	150 Kcal
		Fullkopi	50 Kcal
		Echor	110 Kcal
		Paneer with Potato	120 Kcal



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4. Brainware University Canteen Menu

A. 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



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B. 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



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C. 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/ Bandhakop i	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 Dopeyaj a	150	Fish-Potato- Dhonep ata	120	Chicken Kasa	160	110	Alu Posto	150	Haser Dim / Butter Chicken	180 / 250
Thu	Veg/ Dhonepat a 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/ Kumro li	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



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D. 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



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E. Healthy Menu (Summer)

Veg healthy options	Calories (kcal/100g)	Non-veg healthy options	Calories (kcal/100g)
Mug Dal	90	Doi Fish	110
Veg Dal	90	Fish Potato	120
Mixed Dal	100	Fish Jhol	90
Alu Chokha	110	Egg Curry	110
Lau-Bori	70	Chicken -Potato	140
Patol	70	Methi Chicken	160
Mixed Veg	80		
Soyabin	130		
Sukto	70		
Karai Soyabean	159		
Kopta	90		
Echor	110		

F. Healthy Menu (Winter)

Veg healthy options	Calories (kcal/100g)	Non-veg healthy options	Calories (kcal/100g)
Mug Dal	90	Doi Fish	110
Veg Dal	90	Fish Potato	120
Mixed Dal	100	Fish Jhol	90
Alu Chokha	110	Egg Curry	110
Bandhakopi	45	Chicken -Potato	140



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Alu Fulkopi	90	Methi Chicken	160
Mixed Veg	80		
Soyabin	130		
Palangshak	70		
Kopta	90		

5. Food Court Menu

A. 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

B. Lunch:

Item	Serving	kcal
	Rice and Pasta	
Veg Fried Rice	~250g	350
Egg Fried Rice	~250g	420
Basanti Pulao	~200g	300



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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



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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

C. 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		



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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

D. Healthy Menu

Item	Serving	kcal
Dahi Vada	2 pcs	200
Idli	2 pcs with sambar	180
Boiled Egg	1 egg	75
Egg Omelette	1 egg	100
Sambar Rice	~250g	260
Methi Chicken	~150g	250
Rajma	~150g	180
Chana Masala	~150g	200
Mixed Veg	~120g	100
Roomali Roti	1 pc	100
Masala Dosa	1 dosa	300