

Zonal Training Centre, 'Jeevan Vidya', 4/2-C, Ho-Chi-Minh Sarani, Muchipara, Kolkata – 700 061. Tel 24524083; Fax- 24524148; e-mail ez_ztc@licindia.com

DAY WISE MENU SPECIFICATION FOR EZ,ZTC,KOLKATA

	BED TEA(6:00AM TO6:30AM)	BREAK FAST(Dining Hall)8:30AM TO9:30AM)	TEA(11:30to11:45)	LUNCH(01:30PM TO 2:PM)	TEA(03:30 to 04:15)	Evening Snacks (5.45 -6.30)	Dinner
MONDAY	1 Cup (about 125 ml) tea in thermoflask +2 Biscuits in Hostel Room	Puri Sabji,Bread with Butter/Jam+1 Banana+Milk Cornflakes .1 pc Boiled Egg for Non Veg or 1 Sweet for Veg	Tea/Coffee+2 pcs Biscuit	Rice & Roti,Dal(Mung/Musoor/Urad/Chana/Arhar),Bhaji,Seasonal Sabji, Chatni,Papad,1 sweet., Dahi & Salad.Paneer/Dhoka (For Veg) OR Rohu/Katla Fish(2 Pcs of 75 gms.each)(For Non Veg),	Tea/Coffee+2 pcs Biscuit	Tea/Coffee+Veg Pakora(5pcs.with sauce)	Rice/Roti,Dal(Mung/Musoor/Urad/Chana/Arhar)Bhaji,Seasonal Sabji & Egg (two)/Paneer Curry, Salad & Castards /Pudding./Paysam (Suji/Simai).
TUESDAY	1 Cup (about 125 ml) tea in thermoflask +2 Biscuits in Hostel Room	Puri/Parata -Aloo Palak,Bread with Butter/Jam+1 Banana+Milk Cornflakes .1 pc Boiled Egg for Non Veg or 1 Sweet for Veg .	Tea/Coffee+2 pcs Biscuit	Rice & Roti,Dal(Mung/Musoor/Urad/Chana/Arhar),Bhaji,Seasonal Sabji, Chatni,Papad,1 sweet. & Salad. Paneer/Dhoka(For Veg) or Chicken Curry(200 gms.) (For Non Veg)	Tea/Coffee+2 pcs Biscuit	Tea/Coffee+Samosa(1 pc) with sauce)	Veg Fried Rice & Roti, Seasonal Sabji & Chili Chicken /Chili Paneer Curry ,Pudding /Castards and Salad
WEDNESD	1 Cup (about 125 ml) tea in thermoflask +2 Biscuits in Hostel Room	Chole Batora with Pickle,Bread with Butter/Jam+1 Banana+Milk Cornflakes .1 pc Boiled Egg for Non Veg or 1 Sweet for Veg	Tea/Coffee+2 pcs Biscuit	Rice & Roti,Dal(Mung/Musoor/Urad/Chana/Arhar),Bhaji,Seasonal Sabji, Chatni,Papad,1 sweet., Dahi & Salad. Paneer/Dhoka (For Veg) or Chicken Curry(200 gms.) (For Non Veg)	Tea/Coffee+2 pcs Biscuit	Tea/Coffee+Samosa(1 pc) with sauce)	Rice/Roti,Dal(Mung/Musoor/Urad/Chana/Arhar)Bhaji,Seasonal Sabji & Egg /Veg Tarka, Salad , fruit salad/ Pudding.
Thursday	1 Cup (about 125 ml) tea in thermoflask +2 Biscuits in Hostel Room	Phoa/Veg Chow(Standard Brand) ,Bread with Butter/Jam+1 Banana+Milk Cornflakes .1 pc Boiled Egg for Non Veg or 1 Sweet for Veg	Tea/Coffee+2 pcs Biscuit	Rice & Roti,Dal(Mung/Musoor/Urad/Chana/Arhar),Bhaji,Seasonal Sabji, Chatni,Papad,1 sweet., Dahi & Salad. Paneer/Dhoka(For Veg) OR Rohu/Katla Fish(2 Pcs of 75 gms.each)(For Non Veg),	Tea/Coffee+2 pcs Biscuit	Tea/Coffee+Veg Pakora(5pcs.with sauce)	Veg Fried Rice & Roti, Seasonal Sabji & Chili Chicken /Chili Paneer Curry, Salad & Castards/paysam
FRIDAY	1 Cup (about 125 ml) tea in thermoflask +2 Biscuits in Hostel Room	Paratha & Sabji ,Bread with Butter/Jam+1 Banana+Milk Cornflakes .1 pc Boiled Egg for Non Veg or 1 Sweet for Veg	Tea/Coffee+2 pcs Biscuit	Rice & Roti, Dal(Mung/Musoor/Urad/Chana/Arhar),Bhaji,Seasonal Sabji, Chatni,Papad,1 sweet., Dahi & Salad.Paneer/Dhoka(For Veg) OR Rohu/Katla Fish(2 Pcs of 75 gms.each)(For Non Veg),	Tea/Coffee+2 pcs Biscuit	Tea/Coffee+1 slice Fruit cake egg less	Rice/Roti,Dal(Mung/Musoor/Urad/Chana/Arhar)Bhaji,Seasonal Sabji & Egg (two)/Paneer Curry, Salad ,Castards/pudding.
SATURDAY	1 Cup (about 125 ml) tea in thermoflask +2 Biscuits in Hostel Room	Uttampam /Dhosa +1 Banana+Milk Cornflakes .1 pc Boiled Egg for Non Veg or 1 Sweet for Veg	Tea/Coffee+2 pcs Biscuit	Rice & Roti,Dal(Mung/Musoor/Urad/Chana/Arhar),Bhaji,Seasonal Sabji, Chatni,Papad,1 sweet., Dahi & Salad.Paneer/Dhoka(For Veg) OR Rohu/Katla Fish(2 Pcs of 75 gms.each)(For Non Veg),	Tea/Coffee+2 pcs Biscuit	Tea/Coffee+1 slice Fruit cake egg less	Rice/Roti,Dal(Mung/Musoor/Urad/Chana/Arhar)Bhaji,Seasonal Sabji & Egg (two)/Paneer Curry, Salad & Castards / Pudding.
SUNDAY	1 Cup (about 125 ml) tea in thermoflask +2 Biscuits in Hostel Room	Puri/Parata -Aloo Palak,Bread with Butter/Jam+1 Banana+Milk Cornflakes .1 pc Boiled Egg for Non Veg or 1 Sweet for Veg .	Tea/Coffee+2 pcs Biscuit	Rice & Roti,Dal(Mung/Musoor/Urad/Chana/Arhar),Bhaji,Seasonal Sabji, Chatni,Papad,1 sweet., Dahi & Salad.Paneer/Dhoka(For Veg) OR Rohu/Katla Fish(2 Pcs of 75 gms.each)(For Non Veg),	Tea/Coffee+2 pcs Biscuit	Tea/Coffee+1 slice Fruit cake egg less	Rice/Roti,Dal(Mung/Musoor/Urad/Chana/Arhar)Bhaji,Seasonal Sabji & Egg (two)/Paneer Curry, Salad & Castards /Paysam

N.B:Break Fast,Lunch & Dinner will be served at Dining Hall of Hostel. Tea/Coffee(11:30 to 11:45) & Evening Snacks will be served in Admin Building.

**SPECIAL MENU:
IN ADDITION TO REGULAR MENU SPECIAL MENU,CONSISTING OF MUTTON/HILSHA/VETKI
On any other item to be decided by competent authority.**

**** It is to be noted in Saturday & Sunday there may not be any participants but arrangement may be made for the persons who will be there already.**

NEGOTIABLE ADDITIONAL PRICE BETWEEN (SERVICE PROVIDER & BUYER)

