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Subject: **Programme in Place on Student Food Insecurity/Hunger (SDG-2.3)**

1. Food insecurity / Hunger is defined as disruption of food intake or eating patterns because of lack of many and other eatable resources. Food insecurity is a lack of access to adequate a mounts of food especially healthy food. The research suggests students who grades and poor health.
2. Keeping in view above facts following measure have been taken to reduce. The student's food insecurity/ hunger in NUST.
 - a. Hostel branch is ensuring four pillars of food security, availability, access, utilization and stability round the clock.
 - b. We do keep in mind the nutrients, carbohydrates, fats, dietary fiber, minerals, proteins, vitamins and water.
 - c. We do provide the food as per food classification: vegetables, Meat, Grains, Dairy, Poultry on weekly basis.
 - d. We have a well-organized supply chain through P&LP to ensure timely delivery of eatable items on daily basis.

Brig Allah Nawaz Ghanjera
Director Administration
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MESS MENU – NUST STUDENTS HOSTELS

Timings	Event	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0730 - 0930 Hrs Holidays 0900 - 1030 Hrs	Breakfast	<ul style="list-style-type: none"> • Paratha • Omelette • Tea 	<ul style="list-style-type: none"> • Kulcha • Channa • Tea 	<ul style="list-style-type: none"> • Paratha • Egg Fried • Tea 	<ul style="list-style-type: none"> • Bread Butter • Jam / Bread • Omelette • Tea 	<ul style="list-style-type: none"> • Paratha • Aalu Anda • Khakina • Tea 	<ul style="list-style-type: none"> • Aalu Paratha • Yogurt • Tea 	<ul style="list-style-type: none"> • Halwa Puri • Channa • Tea
1245 - 1530 Hrs Holidays 1400 - 1530 Hrs	Lunch	<ul style="list-style-type: none"> • Mix Vegetables • Pickle • Chapati 	<ul style="list-style-type: none"> • Daal Mash • Salad / Chatni • Chapati 	<ul style="list-style-type: none"> • Kari Pakora • Chapati / Rice 	<ul style="list-style-type: none"> • Aalu Palak • Pickle • Chapati 	<ul style="list-style-type: none"> • White Rice • Pickle • Daal Mong / Daal Masoor 	<ul style="list-style-type: none"> • Seasonal Vegetables • Pickle • Chpati 	<ul style="list-style-type: none"> • Red Bean Pickle • Chapati
1930 - 2130 Hrs	Dinner	<ul style="list-style-type: none"> • Fish • Daal Channa • Chatni / Aalu Qeema • Chapati 	<ul style="list-style-type: none"> • Chicken Manchurian • Egg Fried Rice /Chicken Pulao Raita 	<ul style="list-style-type: none"> • Chicken Karahi • Chapati • Custard / Gajar Halwa 	<ul style="list-style-type: none"> • Chicken Biryani • Raita • Cold Drink 	<ul style="list-style-type: none"> • Chicken Channa / Chicken Qofta Chapati 	<ul style="list-style-type: none"> • Mix Daal • Shami Kabab / Chappal Kabab • Chatni • Chapati 	<ul style="list-style-type: none"> • Chicken Curry • Pulao / Mutter Pulao • Cutlets • Raita

MESS MENU – MUST FOREIGN STUDENTS

Timings	Event	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0730 – 0930 Hrs Holidays 0900 – 1030 Hrs	Breakfast	<ul style="list-style-type: none"> • Paratha / Bread • Omelette • Tea 	<ul style="list-style-type: none"> • Kulcha / Bread • Channa • Tea 	<ul style="list-style-type: none"> • Paratha / Bread • Aalu Bhujia • Tea 	<ul style="list-style-type: none"> • Bread Butter • Jam / Bread • Omelette • Tea 	<ul style="list-style-type: none"> • Paratha / Bread • Aalu Anda Khakina • Tea 	<ul style="list-style-type: none"> • Aalu Paratha / Bread • Yogurt • Tea 	<ul style="list-style-type: none"> • Halwa Puri / Bread • Channa • Tea
1245 – 1530 Hrs Holidays 1400-1530 Hrs	Lunch	<ul style="list-style-type: none"> • Vegetables Pulao • Curd • Pickle 	<ul style="list-style-type: none"> • White Rice • Daal Maash • Curd • Pickle 	<ul style="list-style-type: none"> • Chicken Pulao • Curd • Pickle 	<ul style="list-style-type: none"> • Channa Pulao • Curd • Pickle 	<ul style="list-style-type: none"> • White Rice • Daal Mong / Daal Masoor • Pickle 	<ul style="list-style-type: none"> • Vegetables Pulao • Curd • Pickle 	<ul style="list-style-type: none"> • Simple Pulao • Curd • Pickle
1930 – 2130 Hrs	Dinner	<ul style="list-style-type: none"> • White Rice • Chicken Karahi • Curd 	<ul style="list-style-type: none"> • Vegetables Pulao • Curd • Sweet 	<ul style="list-style-type: none"> • Simple Pulao • Curd 	<ul style="list-style-type: none"> • Chicken Biryani • Raita • Cold Drink 	<ul style="list-style-type: none"> • Vegetables Pulao • Curd • Sweet 	<ul style="list-style-type: none"> • White Rice • Mix Daal • Curd 	<ul style="list-style-type: none"> • Channa Pulao • Cutlets • Raita