



National University of
Sciences and Technology
Administration Block
Sector H-12, Islamabad
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0929/02/NUST/Adm

6 Nov 2020

Subject: **Providing Sustainable Food Choices (SDG-2.5)**

1. NUST management has always endeavors to facilitate staff and actively monitoring daily use food items and its preparation/utilization for a healthy metabolism. NUST Mess is providing following services: -

- a. Best quality food and services and sustainable food choices for all campus including vegetarian and vegan food.
- b. One rationalized menu after monthly conduct of Mess member meeting.
- c. Ration procured through centrally Ration Store on subsidized rates.
- d. To ensure employee health, Weekly inspection is being carried out by Campus Medical officer.

Allah Nawaz Ghanjera
Director Administration
Brig Allah Nawaz Ghanjera
Director Administration
NUST, Islamabad

NUST - JINNAH MESS

MONTHLY WORKING LUNCH SCHEDULE

Days	1st Week	2nd Week	3rd Week	4th Week
MON	<ul style="list-style-type: none"> • Haleem • Nan • Special Salad & Pickle • Banana 	<ul style="list-style-type: none"> • Daal Mash • Shami Kabab • Chapati • Fresh Salad & Pickle • Grapes 	<ul style="list-style-type: none"> • Haleem • Special Salad • Nan • Apple 	<ul style="list-style-type: none"> • Red Lobia • Aloo Bhujia • Chapati • Fresh Salad & Pickle • Banana
TUE	<ul style="list-style-type: none"> • Mutton Qorma • Chapati • Fresh Salad & Pickle 	<ul style="list-style-type: none"> • Qeema (Beef) with Aloo Shimla • Chapati • Fresh Salad & Pickle 	<ul style="list-style-type: none"> • Mutton Curry • Chapati • Fresh Salad & Pickle 	<ul style="list-style-type: none"> • Beef Nihari • Nan • Fresh /Special Salad & Pickle
WED	<ul style="list-style-type: none"> • Mix Vegetable • Chapati • Fresh Salad & Pickle • Kheer 	<ul style="list-style-type: none"> • Daal Masoor (Whole) • Aloo Palak • Chapati • Fresh Salad & Pickle • Podina Chatni • Suji Halwa 	<ul style="list-style-type: none"> • Daal Channa • Dahi Chatni • Chapati • Fresh Salad & Pickle • Zarda 	<ul style="list-style-type: none"> • Chicken Fried • Mix Veg • Chapati • Fresh Salad & Pickle • Gajrela
THU	<ul style="list-style-type: none"> • Chicken Channa • Chapati • Fresh Salad & Pickle 	<ul style="list-style-type: none"> • Chicken Qorma • Chapati • Fresh Salad & Pickle 	<ul style="list-style-type: none"> • Chicken Kofta Curry • Chapati • Fresh Salad & Pickle 	<ul style="list-style-type: none"> • Aloo Anda Curry • Chapati • Fresh Salad & Pickle
FRI	<ul style="list-style-type: none"> • Chicken Biryani • Salad Raita Mix • Apple 	<ul style="list-style-type: none"> • Chinese Rice • Chicken Manchurian • Fresh Salad • Seasonal fruit (On aval) • Banana 	<ul style="list-style-type: none"> • Chicken Biryani • Salad Raita Mix • Grapes 	<ul style="list-style-type: none"> • Chicken Pulao • Salad Raita Mix • Apple

NUST - BHITTAI MESSES
MONTHLY MEAL SCHEDULE

Days		1st Week	2nd Week	3rd Week	4th Week
Monday		<ul style="list-style-type: none"> • Chicken Ginger • Chapati • 	<ul style="list-style-type: none"> • Chicken Tikka • Daal Chana • Raita Chapati 	<ul style="list-style-type: none"> • Green Chilli Chicken • Chapati 	<ul style="list-style-type: none"> • Chicken Malai Boti • Mix Daal • Chapati
Tuesday		<ul style="list-style-type: none"> • Red Bean • Russian Salad • Chapati 	<ul style="list-style-type: none"> • Seasonal Vegetable • Zarda • Chapati 	<ul style="list-style-type: none"> • Qabli Chana Pulao • Raita • Mix Veg with Buter (Nurpur) 	<ul style="list-style-type: none"> • White Chana • Doodh Sawaian • Chapati
Wednesday (For Non Rice):		<ul style="list-style-type: none"> • Chicken Baryani • Raita • Veg (Palak Paneer) 	<ul style="list-style-type: none"> • Egg fried Rice • Chicken Manchorian • Cabbage Potato 	<ul style="list-style-type: none"> • Red Bean • Russian Salad • Chapati 	<ul style="list-style-type: none"> • Boiled Rice • Daal + Potato Cutles • Chapati + Raita Dahi
Thursday		<ul style="list-style-type: none"> • Qeema Karalay/Qeema • Matar/Chapal kebab • Chapati 	<ul style="list-style-type: none"> • Chapal Kabab • Daal Chana • Raita • Chapati 	<ul style="list-style-type: none"> • Mutton Karahi • Chapati 	<ul style="list-style-type: none"> • Fried Fish • Daal Chana • Raita • Chapati
Friday		<ul style="list-style-type: none"> • Boiled Rice • Daal • Peas Potato 	<ul style="list-style-type: none"> • Chana Achari • Chapati 	<ul style="list-style-type: none"> • Daal Mash • Chapati 	<ul style="list-style-type: none"> • Daal Paalak • Chapati
Saturday	Brunch 1000-1200	<ul style="list-style-type: none"> • Halwa puri • Channa Achari 	<ul style="list-style-type: none"> • Masala Pratha • Egg Omlete 	<ul style="list-style-type: none"> • Halwa Puri • Aloo Bhujia 	<ul style="list-style-type: none"> • Pratha • Channay Chikkar
	Dinner	<ul style="list-style-type: none"> • Seasonal Vegetable • Ras Malai • Chapati 	<ul style="list-style-type: none"> • Mix Vegetable • Chapati 	<ul style="list-style-type: none"> • Seasonal Vegetable • Chapati 	<ul style="list-style-type: none"> • Mix Vegetable • Chapati
Sunday	Brunch 1000-1200	<ul style="list-style-type: none"> • Makai Roti • Saag 	<ul style="list-style-type: none"> • Aaloo Paratha • Raita/Chatni 	<ul style="list-style-type: none"> • Daal Paratha • Raita/Chatni 	<ul style="list-style-type: none"> • Mooli Paratha • Raita/Chatni
	Dinner	<ul style="list-style-type: none"> • Chicken Haleem • Chapati 	<ul style="list-style-type: none"> • Chana Pulao • Raita 	<ul style="list-style-type: none"> • Chicken Haleem • Chapati 	<ul style="list-style-type: none"> • Chana Pulao • Raita

MESS MENU – MUST 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

میس مینو این جی سٹاف میس

شام کا کھانا بجے 18:00 سے 21:00	دوپہر کا کھانا 11:30 سے بجے 02:30 11:30	ناشتہ 06:00 سے 08:00 بجے	دن
دال ماش، چپاتی، چائے	چکن کری، چپاتی	سفید چنے، چائے، پراٹھا	سوموار
سبزی، چپاتی، قہوہ،	چاول، چنا کری (چپاتی جو چاول نہیں کھاتے)	حلوہ، چائے، پراٹھا	منگل
دال چنا، چپاتی، چائے، زردہ / کھیر	کڑی پکوڑا، چپاتی	آلو بجھیا، چائے، پراٹھا	بدھ
آلو قیمہ، چپاتی، قہوہ	لال لوبیہ، چپاتی	دال چنا، چائے، پراٹھا	جمعرات
دال مونگ، چپاتی، چائے	سبزی، چپاتی	سفید چنے، چائے، پراٹھا	جمعہ
چکن کری، چپاتی، قہوہ	مکس دال، چپاتی	دال ماش، چائے، پراٹھا	ہفتہ
آلو انڈہ، چپاتی، چائے	سبزی، چپاتی	آلو بجھیا، چائے، پراٹھا	اتوار