

GENERAL MESS MENU

DAYS	MORNING TEA 0500h	BREAKFAST 0710 - 0910h	MORNING BREAK 1040 - 1100h	LUNCH 1310 - 1445h	EVENING BREAK 1630 - 1645h	DINNER 1930 - 2050h
MONDAY	Tea & 3- Biscuits	Milk, fruit 2 pieces, Bread, Butter, Jam, Veg Cutlet & Sprouted Ground Nut	Mathari	Rajma, Roti, Jeera Rice Salad & Butter-milk	Khari-Singh	Chola , Puri, Pickle & Khir
TUESDAY	Tea & 3- Biscuits	Milk, fruit 2 pieces Potato Paratha, Curd, Milk & Sprouted Gram Groundnut.	Namkin	Rajma, Roti, Jeera, Rice, Salad & butter-milk	Chana- Masala	Paneer Masala, Dal, Rice & Roti
WEDNESDAY	Tea & 3- Biscuits	Milk fruit 2, pieces Sweet Daliya, milk, & Sprouted Moong	Shakkar para	Potato Soya bean /spinach /lady finger, Roti. Rice, Dal., Salad & butter milk	Chhole- Masala	Deshi Gram Veg, Rice, Roti, Dal & Sweet
THURSDAY	Tea & 3- Biscuits	Milk, fruit 2 pieces, Upma, Pickle, Chatni & Sprouted Groundnut	Samosa	Brinjal Bharata, Roti, Dal Rice, Dal, Salad & Butter millk	Bhel	Spinach-Paneer, Roti, Dal & Rice
FRIDAY	Tea & 3- Biscuits	Milk, fruit 2 pieces, Puri ,Potato Veg & Sprouted Deshi Gram	Bread Pakoda	Potato-cauliflower, Roti Rice, Salad & Butter milk	Namkin	Jeera Rice, Dal, Papad & Sweet
SATURDAY	Tea & 3- Biscuits	Milk, fruit 2 pieces Poha & Sprouted Moong	Alu Bonda	Paneer Veg, Dal, Rice, Roti, Salad, & butter milk	Dhokla	Khichadi, Roti, Dal & Mix Veg
SUNDAY	Tea & 3- Biscuits	Milk, fruit 2 pieces Bhakhri, Potato Veg & Sprouted Groundnut	Ganthia	Seasonal Vegetable, Potato- Kadi, Roti, Rice ,Salad & Butter Milk	MURMUURA	*Pani Puri, Red Chatni, Green Chatni *Bread Pakoda, Red Chatni & Sweets. *Vada Pav & Sweet. *Manchurian Rice & Sweet

NOTE : MESS MENU WILL BE CHANGED SEASON WISE OR DIRECTED BY AUTHORITIES.

SCHOOL DAULY ROUTINE : HJD SAINIK SCHOOL KUTCH
(MONDAY TO SATURDAY)

ACTIVITY	TIMING : SUMMER	TIMING : WINTER
REVEILLE	0500 HRS	0530 HRS
PT/PHYSICAL EDUCATION/YOGA	0600 – 0700 HRS	0630 – 0715 HRS
WASH AND CHANGE	0700 – 0745 HRS	0715 – 0800 HRS
BREAKFAST	0745 – 0810 HRS	0800 – 0825 HRS
MARCH TO ASSEMBLY	0810 – 0820 HRS	0825 – 0835 HRS
ASSEMBLY	0820 – 0840 HRS	0835 – 0855 HRS
MARCH TO CLASS	0840 – 0850 HRS	0855 – 0900 HRS
I PERIOD	0850 – 0930 HRS	0900 – 0940 HRS
II PERIOD	0930 – 1010 HRS	0940 – 1020 HRS
III PERIOD	1010 – 1050 HRS	1020 – 1100 HRS
IV PERIOD	1050 – 1130 HRS	1100 – 1140 HRS
RECESS	1130 – 1150 HRS	1140 – 1200 HRS
V PERIOD	1150 – 1230 HRS	1200 – 1240 HRS
VI PERIOD	1230 – 1310 HRS	1240 – 1320 HRS
VII PERIOD	1310 – 1350 HRS	1320 – 1355 HRS
LUNCH	1400 – 1430 HRS	1400 – 1430 HRS
QUIET PERIOD	1430 – 1545 HRS	1430 – 1545 HRS
DRILL/GAMES/RUN/MIND AND BODY WELLNESS	1600 – 1700 HRS	1600 – 1700 HRS
TEA/WASH AND CHANGE	1700 – 1740 HRS	1700 – 1740 HRS
SUPERVISED PREP	1800 – 2000 HRS	1800 – 2000 HRS
DINNER	2000 – 2030 HRS	2000 – 2030 HRS
NIGHT ROLL CALL	2030 – 2045 HRS	2030 – 2045 HRS
OPEN DOOR SUPERVISED PREP	2115 -2200 HRS	2115 -2200 HRS
OWN TIME WORK	2200 – 2300 HRS	2200 – 2230 HRS
LIGHTS OUT	2300 HRS	2230 HRS

SUNDAY / HOLIDAY

REVEILLE	0700 HRS
ROLL CALL	0730 – 0800 HRS
SHRAMDAN	0730 – 0800
WASH & CHANGE	0800 – 0830 HRS
BREAKFAST	0840 – 0900 HRS
RECREATION/SELF STUDY/PERSONAL ADMINISTRATION	0900 – 1000 HRS
PARENTS VISIT IN CAMPUS (2 ND SUNDAY)	1000 – 1300 HRS
OUTPASS WITH PARENTS (2 ND SUNDAY)	1000 – 1300 HRS
RECREATION/SELF STUDY/PERSONAL ADMINISTRATION/ CLUB ACTIVITY/GAMES/SPORTS/INDIVIDUAL COUNSELLING OF CADETS	1000 – 1300 HRS
LUNCH	1310 – 1330 HRS
RECREATION/SELF STUDY/PERSONAL ADMINISTRATION/ CLUB ACTIVITY/MUSIC CLUB	1330 – 1700 HRS
GAMES UNDER SUPERVISION	1700 – 1800 HRS
WASH & CHANGE	1800 – 1930 HRS
RECREATION/SELF STUDY/ PERSONAL ADMINISTRATION	1930 – 2000 HRS
DINNER	2000 – 2030 HRS
NIGHT ROLL CALL	2030 – 2045 HRS
OPEN DOOR NIGHT SELF STUDY	2100 – 2230 HRS
LIGHTS OUT	2230 HRS

- NOTE** :
1. House Master/Duty Master to Supervise Night Prep at Hostel.
 2. Duty House Master to be available in Hostel during Night.
 3. Shramdaan to be conducted from 1630 – 1700 hrs on every Saturday.

Sr. Master

Vice Principal

Principal