



The Provision of Healthy and Affordable Food Options on Campus.

Healthy and affordable food choices:

Providing healthy and affordable food choices on campus is an essential component of promoting overall student health and well-being. Parul University is committed to ensuring that all students have access to nutritious, hygienic, and budget-friendly meals through a range of well-planned strategies.

The University offers a variety of **Healthy Food Options** across its dining halls, cafeterias, and vending outlets. These include fruits, vegetables, whole grains, and lean proteins, ensuring a balanced diet for students from diverse backgrounds. Special attention is given to maintaining quality and hygiene standards while catering to different dietary preferences.

To make **Nutritious Food More Accessible**, the University implements pricing strategies that make healthy options more affordable. This includes offering reasonably priced meals, subsidized food items, and smaller portion sizes at lower costs, enabling students to make healthier choices without financial burden.

Clear Labeling and Nutrition information are provided at food counters to help students make informed decisions about their dietary intake. This transparency encourages mindful eating habits and promotes awareness about nutritional values.

Parul University also **Collaborates with Campus Food Vendors** to ensure the availability of healthy and affordable food choices. Vendors are encouraged to adopt healthier cooking methods and include nutritious items in their menus.

In addition, the University regularly organizes workshops, awareness sessions, and informational campaigns on healthy eating and balanced diets. These initiatives empower students with knowledge about nutrition and lifestyle choices.

The campus provides a welcoming and **Inclusive Environment with Well-Designed Communal Dining Areas and Outdoor Seating Spaces** where students can enjoy meals together. Efforts are also made to partner with local farms and suppliers to ensure fresh produce. Furthermore, the University promotes sustainability by encouraging the use of reusable containers and cutlery to reduce waste.

Through these **Comprehensive Initiatives**, Parul University ensures that students' nutritional needs are met, contributing significantly to their overall health, well-being, and academic success.

University Hostel & Mess Facilities

Parul University operates a total of 23 mess facilities catering to boys, girls, South Indian, and international students, ensuring diverse and inclusive dining options. The university hostels offer affordable accommodation at just ₹3600 per month per student, which includes access to a well-maintained mess providing nutritious and hygienic meals. This cost-effective system ensures a comfortable living environment, allowing students to maintain a healthy lifestyle while managing their expenses efficiently.

Hostel Mess Menu for Breakfast, Lunch & Dinner

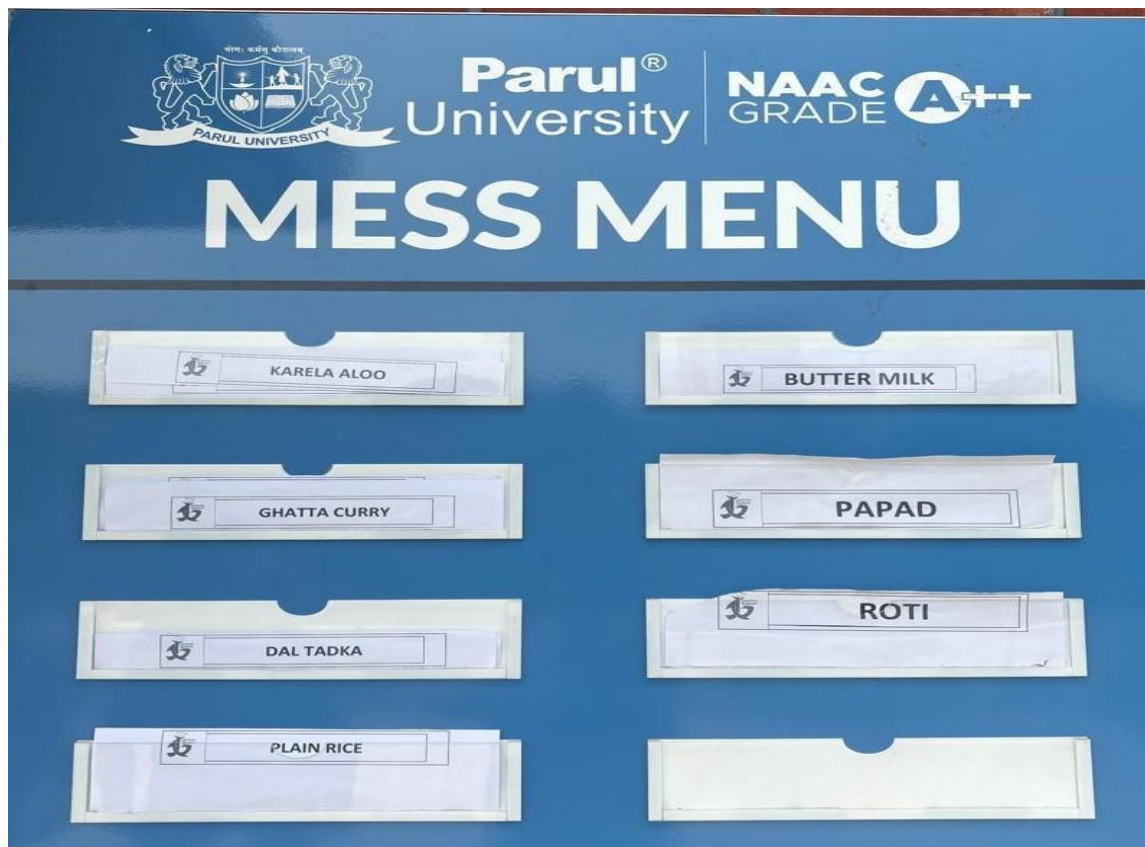
BREAKFAST							
08-Oct	09-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
DABELI & SAUCE	SEMIYA UPMA	GARLIC YELLOW DHOKLA	INDORI POHA	SPECIAL	SEV MUMRA & BISCUIT	VEG PASTA	BREAD BUTTER
TEA/COFFEE	TOMATO CHUTNEY TEA/COFFEE	GREEN CHUTNEY TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
LUNCH							
DUDHI CHHANA DAL	GUJUR DRY	MIXED VEG	CABBAGE MATAR	RINGAN ALOO	CHHOLE	TINDORA DRY	SEV TOMATO
DAL PALAK	MATKI (KATHOL)	CHHANA DAL	DESI CHHANA	TUVER	PURI	CHORA	MATAR
ROTI	ROTI	ROTI	ROTI	ROTI	KADHI	ROTI	ROTI
DAL SWEET	DAL SWEET/SPICY	DAL SWEET/SPICY	DAL SWEET/SPICY	DAL SWEET/SPICY	JEERA RICE	DAL SWEET/SPICY	DAL SWEET/SPICY
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	FRAMES	RICE	RICE
BUTTER MILK	BUTTER MILK	BUTTER MILK	BUTTER MILK	BUTTER MILK	SWEET	BUTTER MILK	BUTTER MILK
PAPAD	PAPAD	PAPAD	PAPAD	PAPAD		PAPAD	PAPAD
SALAD	SALAD	SALAD	SALAD	SALAD		SALAD	SALAD
DINNER							
MASALA POORI	VEG GATTA	CAULIFLOWER POTATO	PAV	RATLAMI SEV MASALA	DAL FRY	PANEER MASALA	ONION POTATO
ALOO SUKHI BHAJI	ROTI	ROTI	BHAJI	ROTI	JEERA RICE	ROTI	BHAKRI/ROTI
MASALA RICE	PLAIN RICE	TOOR DAL MASALA KHICHDI	VEG PULAO	MIXED DAL	PICKLE	KADHI SWEET/SPICY	MOONG KHICHDI
TEA/COFFEE	DAL FRY	RAITA	ONION	PLAIN RICE		JEERA RICE	KADHI
	MIXED PICKLE	GARLIC CHUTNEY		SALAD			ROASTED CHILLI

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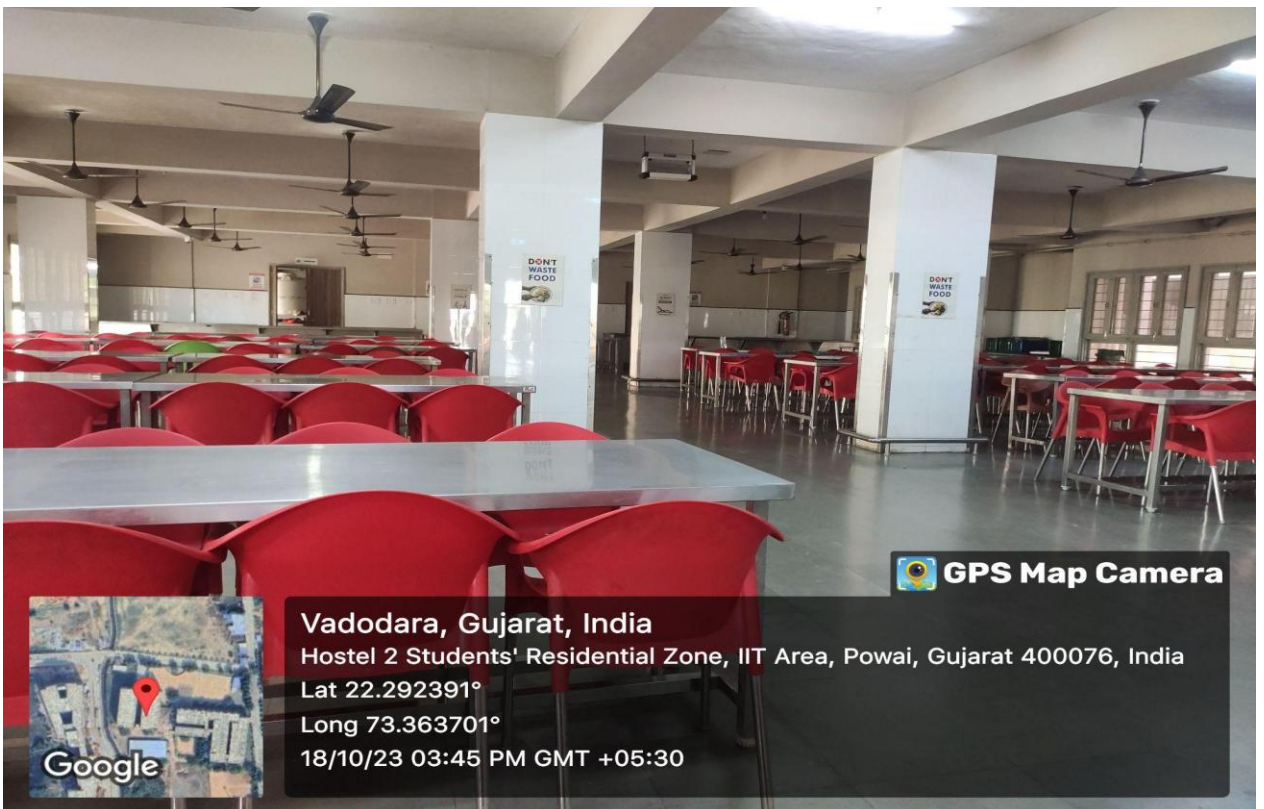
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TEA/COFFEE	TOMATO CHUTNEY	GREEN CHUTNEY	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
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DAL PALAK	MATKI (KATHOL)	CHHANA DAL	DESI CHHANA	TUVER	PURI	CHORA	MATAR
ROTI	ROTI	ROTI	ROTI	ROTI	KADHI	ROTI	ROTI
DAL SWEET	DAL SWEET/SPICY	DAL SWEET/SPICY	DAL SWEET/SPICY	DAL SWEET/SPICY	JEERA RICE	DAL SWEET/SPICY	DAL SWEET/SPICY
PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	PLAIN RICE	FRAMES	RICE	RICE
BUTTER MILK	BUTTER MILK	BUTTER MILK	BUTTER MILK	BUTTER MILK	SWEET	BUTTER MILK	BUTTER MILK
PAPAD	PAPAD	PAPAD	PAPAD	PAPAD		PAPAD	PAPAD
SALAD	SALAD	SALAD	SALAD	SALAD		SALAD	SALAD
DINNER							
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TEA/COFFEE	DAL FRY	RAITA	ONION	PLAIN RICE		JEERA RICE	KADHI
	MIXED PICKLE	GARLIC CHUTNEY		SALAD			ROASTED CHILLI

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Sample Of Day Wise Menu of University Mess



University Mess





List of Mess, Food Courts and Food Outlets at University Campus

South Zone - Parul University Food Courts

- [Great Guys]
- [Celebration Café]
- [Annapurna Foods]
- [Mogal Mug Pulaz]
- [Swad Rajwadi Chai]

North Zone - Food Outlets & Canteens:

- [Mr. Idli]
- [Honest Omlet]
- [Café Appetito]
- [Messy Bowl]
- [Wok & Chops]
- [Brown Burger]
- [Marcos Da Pizza]
- [Havmour (Shree Shree Ent.)]
- [Lassi Day Café]
- [Subway]
- [C.R Bakers]
- [Jagdish]
- [Santhushti Shakes]

Greenzy Food Court

- [Pahadi Momos]
- [NSDR Biryani]
- [Het Stationary]
- [Samosa]
- [Your Choice Bakery]
- [Vadilal]
- [Patel Rcw]
- [Patel Rajwadi Chai]
- [Day & Night Vada Pau]
- [Egg Zone]
- [The Kitchen Express]
- [Fruiteria]

Capitol Crust Food Court

- [Bn Ice Cream]
- [Mezban Rolls]
- [Indo Korean]
- [The Spot]
- [Momo Eatery]
- [Joy Patel (Puff)]
- [Sai Refreshment Point]
- [Cheese & Chips]
- [New Zaika Biryani]
- [Bong Eateries]
- [Dream & Dazzle]

'Parul University Food Outlets & Canteens: AFFORDABLE FOOD LIST (By Zone)

HONEST OMLET

Utopian Fest Atal

- [The Butler's Café]
- [Thampees]
- [Yo Frankee]
- [Chicken Only Chicken]
- [Honest Omlet]
- [Renuka's Food]

Food Containers at University

- Wagh Bakri Tea Shop - 1 (PIET)
- Wagh Bakri Tea Shop - 2 (PIT)
- Unique Agency Ness Café (PIT)
- Unique Agency Ness Café (PIET)
- Biting Eat More
- Tea Post
- Kathi Junction
- Mr. Beans
- Size Zero
- Maddy's Grill
- Amul Parlour
- Belgian Waffle
- PPY
- Bluez Biryani
- Dominos

University Canteens'

- Sainath Canteen
- Sainath Canteen Limda
- Naivedyam
- Unique Canteen
- Krishna Food Centre
- Design Canteen
- Aum Sai Food Plaza
- Hospital Canteen

Terrace Café

- Sawariya Caterers (Sakuntala B)
- Half Engineer (Atal Bhavan B)
- Telugu Einti Biryani (Azad Bhavan)
- Teresa D
- Sakuntala A

Hostel Kiosk

- Pyas Point
- Dingal Foods

Above Central Canteen of the University

- La Pinnoz
- Suruchi Foods

Different Mess for Boys & Girls

- Total Mess for Boys - 11
- Total Mess for Girls - 06
- South Indian Mess - 01
- International Mess - 01
- Common Mess - 04

Glimpse of Various Food Courts, Outlets of University:

Various Food court



Menu & Photographs of University Canteen

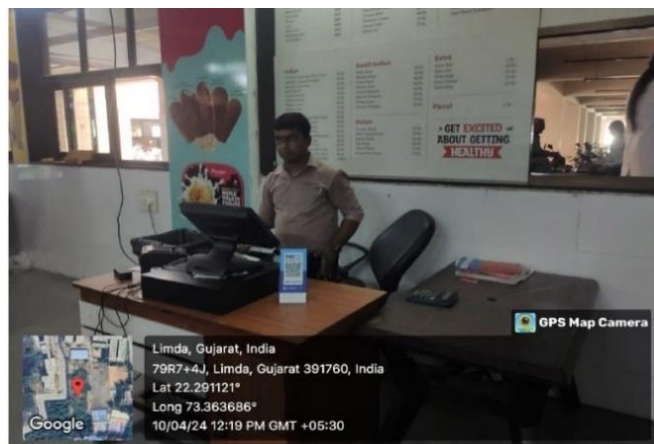
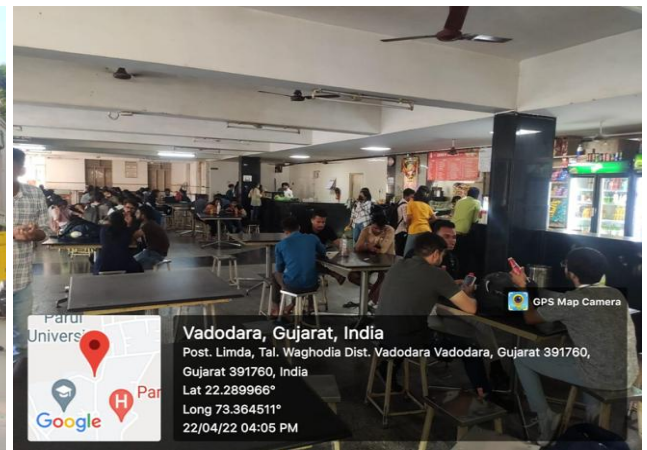
All Time		Biscuit		Soup	
Tea	10 Rs.		MRP	Tomato Soup	40 Rs.
Coffee	15 Rs.	Namkeen	MRP	Veg Hot & Sour Soup	40 Rs.
Poha	20 Rs.	Chocolate	MRP	Veg Noodles Soup	40 Rs.
Puff	20 Rs.	Icecream	MRP	Veg Manchow Soup	40 Rs.
Cheese Puff	40 Rs.	Cake	MRP	Ginger Soup	40 Rs.
Plain Maggi	30 Rs.			Hot Garlic Soup	40 Rs.
Veg Maggi	30 Rs.			Mix Veg Soup	40 Rs.
Cheese Maggi	60 Rs.				
Aloo Sukhi Bhaji (Fast Special)	40 Rs.				
Water Bottle	MRP				
Cold Drink	MRP				
Chaas	MRP				
Lassi	MRP				
Amul Cool	MRP				
Paperbot Juice	MRP				
Cold Coffee	MRP				

Chinese		Sandwich	
Veg Fried Rice	40 Rs.	Bread Butter Sandwich	30 Rs.
Hakka Noodles	40 Rs.	Bread Jam Sandwich	30 Rs.
Manchurian Rice	50 Rs.	Veg Sandwich	40 Rs.
Dry Manchurian	50 Rs.	Cheese Sandwich	70 Rs.
Manchurian Noodles	50 Rs.	Veg Cheese Sandwich	70 Rs.
Chinese Bhel	60 Rs.		
American Chopsi	60 Rs.		
Panner Chilli	70 Rs.		
Panner 65	70 Rs.		

Indian		South Indian		Extra	
Full Dish (Sabji, Dal, Rice, 4 Roti)	60 Rs.	Plain Dosa	30 Rs.	Extra Roti	5 Rs.
Half Dish (Sabji and 4 Roti)	40 Rs.	Masala Dosa	40 Rs.	Extra Dal	30 Rs.
Dal Fry & Jeera Rice	50 Rs.	Onion Dosa	40 Rs.	Extra Sabji	30 Rs.
Aloo Paratha	40 Rs.	Panner Dosa	60 Rs.	Extra Cheese	10 Rs.
Paneer Paratha	50 Rs.	Onion Uttapam	40 Rs.	Extra Dhai	20 Rs.
Cheese Paratha	50 Rs.	Masala Uttapam	40 Rs.		
Paneer Pulao	60 Rs.	Cheese Dosa	70 Rs.		
Cheese Pulao	70 Rs.	Cheese Uttapam	70 Rs.		
Masala Rice	40 Rs.				
Paneer Butter Masala With 4 Roti	80 Rs.				
Chole Masala With 4 Roti	60 Rs.				
Paneer Bhurji With 4 Roti	70 Rs.				
Kadai Paneer With 4 Roti	80 Rs.				
Paneer Bhuna Masala With 4 Roti	80 Rs.				
Paneer Handi With 4 Roti	80 Rs.				
Mutter Paneer With 4 Roti	80 Rs.				
Paneer Diwani Handi With 4 Roti	90 Rs.				
Paneer Tawa Masala With 4 Roti	90 Rs.				
Cheese Butter Masala With 4 Roti	100 Rs.				

Italian		Parcel	
Tomato Pasta	50 Rs.		5 Rs.
White Sauce Pasta	50 Rs.		
Italian Pasta	60 Rs.		
Veg Pasta	60 Rs.		
Cheese Pasta	70 Rs.		
Neapolitan Pasta	70 Rs.		

GET EXCITED ABOUT GETTING HEALTHY



Food Containers at University

