

**Academic Year 2022-23**

**2.3**

**Student Hunger**

**2.3.3 Sustainable Food choices in Campus**

**MRIIRS Weblink to SDG 2:**

<https://mriirs.edu.in/sdg02-zero-hunger/>

## Sustainable Food choices in Campus

Manav Rachna International Institute of research and Studies has taken an initiative taken to create a Sustainable Food Policy and same has been adopted successfully since 2018. The strategy includes monitoring food waste, measures for reducing food waste, the use of a balanced meal diet, and the provision of wholesome food. MRIIRS ensures the availability of Sustainable Food Choices in the Campus through the laid down 'Sustainable Food Policy of MRIIRS':

- ✓ To maintain proper nutrition, balanced cyclic meal menu has been implemented in the hostel mess. A menu with both vegetarian and non-vegetarian options has been adopted. Salt, sugar, fat, and meat product reduction has been stressed. Red meat, trans fat are prohibited.
- ✓ Manav Rachna is huge campus having several food Courts and Outlets for different sustainable food choices available for students' academicians and visitors.
- ✓ It is ensured that procurement of raw ingredients and different food commodities are from the trusted sources/vendors.

As Evidence of metric 2.3.3, Sustainable Food Policy of MRIIRS, List of on-Campus Outlets, and vendor's certificates are provided.

**A. Cyclic menu as created for hostel mess and Nutrition value calculation**

## Cyclic menu for hostel mess

A cyclic menu of hostel mess is planned in a balanced and nutritional manner. Proper macronutrient calculation is done for each recipe to provide a balanced meal. The cyclic menu is created for the hostel mess and proper nutrition calculation was done to see the nutritional value of all the recipes and in totality for a balanced meal. Also, nutrition education is provided to consumers and personal waste management strategies.

DAY	1 Jan 23	2 Jan 23	3 Jan 23	4 Jan 23	5 Jan 23	6 Jan 23	7 Jan 23
MON	13 Jan 23	14 Jan 23	15 Jan 23	16 Jan 23	17 Jan 23	18 Jan 23	19 Jan 23
TUE	20 Jan 23	21 Jan 23	22 Jan 23	23 Jan 23	24 Jan 23	25 Jan 23	26 Jan 23
WED	27 Jan 23	28 Jan 23	29 Jan 23	30 Jan 23	31 Jan 23		
DAY	MON	TUE	WED	THUR	FRI	SAT	SUN
BRK	MILK/OMLETTE	VEG WITH BREAD	EGG/EGG	NOE MOO PANEER B	VEG BREAD	BEETROOT	POKE
HTFBK	VEG SANDWICH	VEG RICE	MIL VEG PASTA/PA	VEG STABBLE	MILK SALADA	SANDWICH	EGG
MLA		CHICKEN/VEG	POKE	EGG	CHAI		EGG SALAD
HTBDRAGE	TEA	TEA	TEA	TEA	TEA	TEA	TEA
LUNCH							
BRK/SUP	MILK VEG SALAD	MILK/EGG/VEG	EGG/MILK	HOT & SOUR SOUP	MILK VEG SALAD	SOUP/SOUP	ROAST BREAD
SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	MILK SALAD	GREEN SALAD	GREEN SALAD	SOUP/SALAD
ML	BLACK PEPPER DAL	MILK/EGG/VEG	BEETROOT	DAL/PANCA	PANCA/SALAD	MILK DAL	DAIYANESS
ML-1	ZOON/EGG/VEG	EGG/EGG	EGG/EGG/VEG	VEG/EGG	DAIYANESS/VEG	MILK/EGG/VEG	MILK/EGG/VEG/EGG
ML-2	NOE BREAD	NOE/EGG/VEG	NOE/EGG	VEG/EGG	NOE/EGG/VEG	NOE/EGG/VEG	NOE/EGG
ML-3	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG
ML-4	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG
DINNER							
SALAD	SALAD	VEG SANDWICH	MILK/VEG/EGG	NOE/EGG	EGG/EGG	VEG/EGG	DINNER
ALL/VEG/EGG	EGG/EGG/VEG	EGG/EGG	EGG/EGG	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG	EGG/EGG
HTBDRAGE	TEA	TEA	TEA	TEA	TEA	TEA	TEA
DART							
BRK	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
DAL	MILK DAL	ARAR/EGG/VEG	EGG/EGG/VEG	EGG/EGG	EGG/EGG/VEG	EGG/EGG	EGG/EGG
VEG	SOUP/EGG/VEG	EGG/EGG	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG	EGG/EGG/VEG
NOE/EGG/VEG	NOE	NOE	NOE/EGG/VEG	NOE	NOE/EGG/VEG	NOE	NOE/EGG/VEG
ML	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG/VEG
NOE	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG	EGG/EGG
HTFBK	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG/VEG	EGG/EGG/VEG
HTBDRAGE	HOT MILK	HOT MILK	HOT MILK	HOT MILK	HOT MILK	HOT MILK	HOT MILK

*Signature*



Cyclic menu for hostel mess

**Hostel Menu Calculation:**

In order to provide healthy and nutritious food calorie intake is calculated as per the Recommended Dietary Intake guidelines for daily requirement.

**Standard Mess Cyclic Menu****Cycle 1**

Day	Breakfast (standard)	Lunch (Standard)	Snacks (Standard)	Dinner (Standard)	Calories (Kcal)	Fat (g)	Protein (g)
<b>SUNDAY</b>	Poori Bhaji	Boondi raita	chowmein	green salad	2469	42	69
	Upma/Poha	Green salad	Tea	lobiya dal			
	Hot Milk	Dal Makhani		kadhai paneer/chicken curry			
	Tea	Baingan salan/Achari aloo		steamed rice			
		Veg biryani		Tawa roti			
		Ajwaini paratha					
<b>MONDAY</b>	Masala Omlette	Mix Veg Raita	Samosa	Green Salad	2242	46	62
	Veg Sandwich	Green Salad	Tea	Mix Dal			
	Tea	Black Masoor Dal	Chutney	Soya Masala Chap			
		Soya Keema Matar/Aloo Beans		Roti			
		Roti		Steam Rice			
		Steam Rice		Coconut Laddoo			
				Hot Milk			
<b>TUESDAY</b>	Vegetable poha	Mushroom soup	Vegetable sandwich	Arhar dal	2544	51	78
	Green chutney	Moong massor daal	Tea	Rice			
	Tea	Green salad		Roti			
	Vegetable kathi roll	Aloo gobhi		Hot kheer			
		Red sauce pasta		Hot milk			
		Rice Roti		Corn palak Green salad			
<b>WEDNESDAY</b>	Boiled egg	Cucumber raita	Hara bhara kabab	Green salad	2109	49	86
	Mix veg paratha	Rice	Tea	Dal Panchami			
	Tea	Red malka dal		Matar paneer			
		Lauki kofta curry		Steam rice			
		Aloo methi		Tawa roti			
	Tawa roti						
<b>THURSDAY</b>	Aloo mooli paratha	Green salad	Pav bhaji	Dal fry	2400	46	72

## SDG- 2 ZERO HUNGER



	Tea	Rice	Tea	Rice			
	Veg vermicelli	Kadhi pakora		Tawa roti			
		Tawa roti		Green salad			
		Sambhar		Tawa kadhai veg			
		Veg poriyal		Gulab jamun			
<b>FRIDAY</b>	Egg bhurji	Mix veg raita	Uttapam	Green salad	2468	53	76
	Methi paratha	Green salad		Chana dal tadka			
	Bhaji	Rajma masala		Sarson saag			
	Tea	Aloo dum masala		Steam rice			
		Bhaingan bharta		Tawa roti			
		Steam rice		Gajar halwa			
		Tawa roti					
<b>SATURDAY</b>	Idli	Tomato soup	Veg puff	Dhaba dal	2428	56	73
	Wada	Green salad	Tea	Aloo gobhi			
	Sambhar	Mix daal		Steam rice			
	Tea	Veg Manchurian		Roti			
		Aloo gajar matar		Paysum			
		Steam rice		Matar Paneer			
		Roti					
<b>Cycle 2</b>							
<b>MONDAY</b>	Boiled Egg	Kheera raita	Aloo bondo	Dal tadka	2050	41	66
	Aloo mooli paratha	Green salad	Tea	Veg kofta			
	Tea milk sugar	Black chana dal		steamed rice			
		Lauki lababdar		Tawa roti			
		Aloo hara pyaaz		Sooji halwa			
		Steamed rice		green salad			
		Tawa roti					
<b>TUESDAY</b>	Matar kulcha	Hot and sour soup	Uttapam	Green Salad	2203	48	64
	Vegetable poha	Green Salad	Tea	Dhaba dal			
	Green chutney	Red malka dal	Tomato Chutney	Aloo capsicum			
	Tea	Aloo palak		Steam rice			
		Soya keema matar		Jalebi			
		Steam Rice					
		Tawa roti					
<b>WEDNESDAY</b>	Omelette	Mix veg. raita	Mix pakoda	Green salad	2216	45	61
	Veg sandwich	Green salad	Tea	Dal lobhiya			
	Tea	Dal panchratan		Paneer tikka masala			
		Aloo semfali		Steamed rice			
		Kadhai vegetable		Tawa roti			
		Steamed rice					

## SDG- 2 ZERO HUNGER



		Tawa roti					
<b>THURSDAY</b>	Mix veg. paratha	Sweet corn soup	Mix pakoda	Dal	2374	53	67
	Masala porridge	Cucumber salad	Tea	Salad			
	Tea	Kadhi pakoda		Matar mushroom			
		Sambhar		Moong dal halwa			
		Tawa roti		Tawa roti			
		Steam rice		Steam rice			
<b>FRIDAY</b>	Egg bhurji	Mix veg. raita	Aloo tikki	Green salad	2388	44	71
	Methi paratha	Green salad	Tea	Dal fry			
	Tea	Black masoor dal		Matar mushroom			
		Aloo gajar matar		Steam rice			
		Zimikand sabji		Tawa roti			
		Steam rice					
Tawa roti							
<b>SATURDAY</b>	Idli	Dahi papdi	Dry Manchurian	Mix dal fry	2058	51	65
	Sambhar	Green salad	Tea	Aloo gobhi			
	Tea	Chole		Steam rice			
		Bhature		Tawa roti			
		Steam rice					
		Aloo jeera					

## **B. List of Food Outlets on Campus**



## List of Food Outlets on Campus

### Availability of outlets and mess

OUTLET/ MESS	LOCATION	Food Options Available
Boys Mess	Boys Hostel opposite Q block	Cyclic Menu
Girl Mess	Culinary Center, MR	Cyclic Menu
Hush Food Court	Near F-block	South India, North Indian, Continental etc
RBB	Opposite T-Block	Bean rice, vegetable sandwiches, pav bhaji, shakes, yogurt, fruit smoothie.
Subway	Opposite B-Block	Subway sandwiches, pasta, oats cookies, salads, wraps etc
Nescafe	Opposite B-Block	Shakes, coffee, Ragi cookies, Vegetable wheat noodles and pasta

### MRIIRS population has access to the following outlets for multiple Food Choices:

- a. Hostel Mess (Boys and Girls)
- b. Food Outlets at MRIIRS which includes
  - ✓ SUBWAY
  - ✓ HUSH Food Court
  - ✓ Chai Garam
  - ✓ Nescafe
  - ✓ Red Brick Bistro
  - ✓ Hotel Management Café etc.

The sample Lease Agreements for the food outlets and Hostel Mess caterer- Caterman are also provided:

1. [Hush Lease Agreement](#)
2. [Subway Lease Agreement](#)
3. [Caterman Lease Agreement](#)

Subway in front of B-Block



Nescafe in front of B-Block



## Hotel Management run Café in front of T-Block



Latitude: 28.450157331392216,  
Longitude: 77.28636473264663

## Student Run Café Near E,F Blocks



Latitude:, 28.451170209359457  
Longitude: 77.28442214277715

## Hush Food Court Near F-Blocks



Latitude:, 28.45117636648535

Longitude: 77.28493395098897

## HOSTEL KITCHEN AND HYGIENE Food Service



**C. Procurement of raw ingredients and different food commodities are  
from the trusted sources/vendors  
(Sample Certificates and List of Vendors)**

## **Procurement of raw ingredients and different food commodities are from the trusted sources/vendors**

It is ensured that procurement of raw ingredients and different food commodities are from the trusted sources/vendors. Further, it is also ensured that vendors provide natural organic products with the permissible amount of pesticide and without any exposure of chemical fertilizers.

- ✓ The sample certificates as provided by the vendors and further certificate by Department of Culinary Arts while ensuring the above claims are provided.
- ✓ The certified list of vendors of girls hostel mess and Hotel Management Café being run by Department of Culinary Arts is provided as sample.

Therefore, offering of sustainable food choices on MRIIRS Campus is ensured through this whole process.

**TO WHOMSOEVER IT MAY CONCERN**

**CERTIFICATE**

This is to certify that Department of Culinary Arts, Faculty of Hotel Management, Manav Rachna International Institute of Research and Studies ensure the procurement of raw ingredients and different food commodities from the trusted sources/vendors.

Further, based on the certification as provided by the vendors that they provide natural organic products with the permissible amount of pesticide and no exposure of chemical fertilizers, we ensure the offering of sustainable food choices on MRIIRS Campus. The certified list of vendors is also appended.



Director,

Faculty of Hotel Management

**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES**

(Deemed to be University under Section 3 of the UGC Act, 1956)

(NAAC Accredited 'A' Grade)

Administrative Headquarters : 5E/1-A, Bungalow Plot, N.I.T. Faridabad, Phone: 0129-419900 (30 lines)  
MRIIRS Aravalli Campus : Sector-43, Delhi-Sarakund Road, Faridabad, Phone :0129-4199100 (30 lines)  
E-mail : info@mriirs.edu.in URL : www.mriirs.edu.in

# Arora Provision Store

Shop No. 84-85 Market No.5 Faridabad 121001

Phone No.: 7503580949

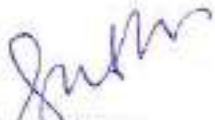
Email: [subhaarora899@gmail.com](mailto:subhaarora899@gmail.com)

GSTIN: 06AZHPA7810N1ZA

State: DG-Haryana

Date: 03/11/2023

This is to certify that we are regular supplier of Grocery to (MRIIRS), School of Culinary & Hotel Management. We are providing good material.



Owner Name

Subhash Arora





# RATHI GAS SERVICES

L2/2, Main Road, Sector-37, Faridabad

Mobile No.: 9818692636

E-mail: [rathigasfbd@rediffmail.com](mailto:rathigasfbd@rediffmail.com)

GST no. 06AKEPS7367B1Z3

Date: 04/11/2023

This is certifying that we are supplier of Gas Services to MRIIRS (School of Culinary & Hotel Management).

Regards



Vinod



# VICKY KUMAR

Vegetable & Fruit Suppliers

Address: Dabhi Suba Mandi, Faridkot

Email: [rachnausana@gmail.com](mailto:rachnausana@gmail.com) +91 9009492

Date: 22/11/23

This is certify that we are trader of vegetables and fruits, which we provide to department of Culinary Arts, School of Culinary & Hotel Management, Manoj Rachna International Institute of Research. Most we provide healthy & fresh vegetables and fruits.

*Desh*

*Vicky Kumar*  
Owner Name

(Vicky Kumar)



*Pritika Singh*

*Vicky Kumar*  
Owner-Authorised Signature

# M. R. ENTERPRISES

SCO 39 SPRING FIELD COLONY SECTOR 31-32 FARIDABAD

M-9891222666

GSTIN-06ADPJ0833A1Z5

This is to certify that we are trader of quality products, which we provide to Department of Culinary Arts, School of Culinary and Hotel Management, Manav Rachna International Institute of Research. Most of the products we provide are bio-degradable Bakery items and are environmentally friendly.



Owner name

(Shailesh kumar jain)








# M. R. ENTERPRISES

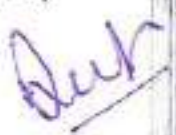
SCO 39 SPRING FIELD COLONY SECTOR 31-32 FARIDABAD

M-9891222666

GSTIN-06ADPJ0833A1Z5

This is to certify that we are trader of quality products. which we provide to Department of Culinary Arts, School of Culinary and Hotel Management, Manav Rachna International Institute of Research. Most of the products we provide are bio-degradable Disposable items and are environmentally friendly.

  
Owner name  
(Shallesh kumar jain)







# BRAJVASI DAIRY

Address:- Shop No 2, Tugalpur Sbji Mandi, Greater Noida, Gautam Buddha Nagar, Uttar Pradesh, 201308

Phone No. 9871154244

GSTIN:- 09EAAPK3971A1ZX

Email ID- [brajvasidaairy12@gmail.com](mailto:brajvasidaairy12@gmail.com)

This is to certify that we are trader of quality products which we provide to Milk, Paneer, Bread, Soya Chaap, Dahi, Amul Butter, Amul Cheese Tin, Nutralite Butter, Noodles, Amul Cream, Khoya to Manav Rachna International Institute of Research and Studies.

*Subh*

  
Pawan Kuntal

  
Authorised Signature

  
*Pritish*

## VENDORS CONTACT DETAILS

SR. NO	VENDOR NAME	VENDOR NAME	PHONE NUMBER	VENDOR TYPE	Mail ids	RAMKRS IF ANY
1	PATHIK FRESH FRUIT & VEGETABLE SUPPLIER	Mr. Vishwesh pathik, (Mitra)	9899732751	Vegetables & Fruits	vishweshpathik@gmail.com	OLD
	SONU KUMAR	Mr. Sonu	8800358897 9581708886		NEW [Order start from 28/05/2022]	
2	THE PERFECT CHOICE	Mr. Vijay	9212197004	Bakery	tpchoice1@yahoo.com	
3	ARORA PROVISION STORE	Mr. Subhash	7503580949	Grocery	subharora89@gmail.com	
	GAURI SHANKAR & SONS	Mr. Shivank	9811251411 011-24375253		gaurishankarandsons@gmail.com	
4	SHREE RAM PANEER BHANDAR AND DAIRY	Mr. Suresh chand jain	9810055908	Dairy items	shrirampaneerbhandar@gmail.com	
5	AHUJA TRADERS	Mr Ahuja	7042004950 9599899428	Disposal	ahjatradersfaridabad@gmail.com	
	M R ENTERPRISES	Mr. Shailesh	7982664141		shahesh1055ain@gmail.com	
6	SURGICO LOGISTIX	Mr. yogesh	9871747666	Tropicana	yogesh.gandhi@gmail.com	
7	MOHD. RASHID & CO	Mr Rashid	9911771011	Fish, Mutton chicken etc	md_rashid.compeny@yahoo.com	
	RAJASTHANI MEAT SHOP	Mr Mahesh	8898512602 7303455721			
8	WHIG BEVERAGE PRIVATE LTD	Mr. Pankaj	8811385506 8377023909	kinley water bottles, Tulp	tulpenterpriseour@gmail.com	
9	FRIENDS TRADING CO	Mr Yogesh	9871747666	Juices-Tropicana and etc	yogesh.gandhi@gmail.com	
10	COMPETENT SYSTEM RESOURCES	Mr. Vikas	9899049884	Coffee & Tea		
11	WHIG BEVERAGE PRIVATE LTD	Mr. Naresh Mr. Vivek Mr. Amit	9911971229 9953956006 7982739031	Coca cola	sastomesenterpriseccoke@yahoo.com	
12	CAVIN CARE	Mr Gopal sharma	8828233289	Milk shakes		
13	Aransh Enterprises	Miss Aarti	7838805330 8178707931	Coffee	aransh_enterpr@gmail.com	Georgia Machine
14	Cab Service	Amit Aggarwal	7982713313	Cab Service		21C School & Chamwood school

### GAS REPAIR VENDOR

1	Artiba Enterprises (Gas repair)	Md. Imran	9711415968	Gas repair	LEAVE IT, DO NOT CALL HIM	For Cafè & Mess gas repair
2	Gas repair (Munna)	Munna	9927132963	Gas repair		For Cafè & Mess gas repair
3	Gas repair	Kohali	9810687714	Gas repair	new One	For Cafè & Mess gas repair

### NEW INFRASTRUCTURE VENDOR NUMBER

1	KIC	Mr. Sumit Maheshwari	9910554688 9810233417	Hot display counter, work table & etc.		21C School & Chamwood school (KIC Vndor)
---	-----	----------------------	--------------------------	--	--	--

*P. Pathik*

2	KIC		9810233417 9717200000	Restaurant & Kitchen equipments	
3	VANYA	Mr Pankaj kumar	8826800051	Advance kitchen set up	
4	V K MEMRA		011-40619120 40110406	Kitchen equipments	
5	DAWN		9971425506	Cosper spoon, dessert fork & butter spreader & ect	
6	CAMBRO PRODUCT	Mr. Gurdeep	9582905918	Mess compartment plates & snacks	Mess compartment plates & snacks
7	COCA COLA REFRIGERATOR MACHANIC	Robin Sharma	9818303430		CAFÉ FREEZE

*Pankaj Singh*