



Healthy and Affordable Food Choices at University Campus



Introduction

IIHMR University is committed to promoting the health and wellbeing of its students, faculty and staff by providing nutritious, safe and affordable food choices on campus. The University canteen serves as a central facility supporting the community with daily meals that prioritise hygiene, quality ingredients and balanced nutrition. This initiative aligns with the University's broader commitment to the UN Sustainable Development Goals, particularly SDG 3 (Good Health and Well-Being) and contributes to creating a sustainable and health-conscious campus environment.

Menu and Meal Services

The IIHMR University canteen operates throughout the academic year, providing three meal services daily: breakfast, lunch and dinner. The weekly menu is planned to offer variety, nutritional balance and affordability for the entire campus community.

Day	Breakfast Menu	Lunch Menu	Dinner Menu
Monday	Poha/Upma + green chutney + Tea/Coffee + Bread + Butter + Jam	Methi aaloo +rajma+ Roti + Rice + Salad + Boondi Raita	Moong dal tadka +tinda tamatar+ Roti + Rice + Salad
Tuesday	Aaloo Parantha + Tea/Coffee + Bread + Butter + Jam	Black chana+Mix Daal+Roti + Rice + Salad + Vegetable Raita	Chana dal + mix veg + Roti + Rice + Salad
Wednesday	Fry Idli + Tea/Coffee + Bread + Butter + Jam	Kadhi pakoda + Pattagobhi Matar+ Roti + Rice + Salad	Corn palak + Punjabi dal + Roti + Rice + Salad
Thursday	Aaloo Sandwich/Pav Bhaji + Tea/Coffee + Bread + Butter + Jam	Matar Gobi+ Dal Makhni + Roti + Jeera Rice + Salad + vegetable Raita	Dry soya chunks + mix daal + Roti + Rice + Salad
Friday	Gobi Parantha + Tea/Coffee + Bread + Butter + Jam	Sarso ka saag+ Moong Dal + Roti + Rice + Salad + Masala Raita	Arbi ki sabzi + Dal Tadka+ Roti + Rice + Salad
Saturday	Macaroni + Tea/Coffee + Bread + Butter + Jam	Loki Kafa + veg biryani + Roti + Salad + Mint Raita	Puri Bhaji + Lemon rice + Onion Salad + Achaar
Sunday	Methi Parantha + Tea/Coffee + Bread + Butter + Jam	Chole Bhature + Rice + Achaar + Mint Raita + Salad	Kadhai Paneer/Egg curry + Roti + Rice + Salad + Sweet

Key features of the menu include:

- **Vegetarian meals:** All food served is vegetarian, catering to the dietary preferences of the majority of students and staff.
- **Daily fresh salads:** Fresh salad is served every day during both lunch and dinner, including seasonal vegetables and greens.
- **Fresh fruit availability:** Fresh fruits are made available on demand, ensuring students and staff have access to healthy snack options beyond cooked meals.
- **Customisation options:** The canteen offers customised meals upon request, including Jain food preparations, low-salt options for those with specific health requirements, and fasting-friendly meals during religious observances.
- **Quality grains:** The canteen uses good-quality branded wheat flour (aata) for chapatis and premium rice to ensure nutritional value and taste.

Affordability and Access

The canteen prioritises affordability to ensure that healthy meals remain accessible to all members of the University community, including students from diverse socio-economic backgrounds.

Rate for Individual Items		
S.NO.	ITME NAME	RATE
1	Samosa	15
2	Kachori Dal	15
3	Mirchi Bada	20
4	Kachori Pyasa	25
5	Veg. Patties	20
6	Aloo Bonda/ Rolls	20
7	Bread Pakoda	20
8	Panner Pakoda	80
9	Veg. Pakoda	60
10	Burger Veg	50
11	Hot-dog	50
12	Sandwich Veg	40
13	Sandwich cheese	50
14	Multi Grain Veg Sandwich	50
15	Aloo Mutter Sandwich	40
16	Grilled Sandwich Veg	45
17	Grilled Sandwich cheese	55
18	Grilled Multi-Grain Sandwich	55
19	Grilled Aloo Mutter Sandwich	45
20	Omelette Plain	35
21	Omelette With 2 slice bread	45
22	Bread Butter / Jam Slice - 1 pcs	25
23	Cutlets/veg. Rolls	40
24	Maggie	40
25	Readymade tea	15
26	Coffee	20
27	Pasta Red Sauce	70
28	Bread sticks/rolls	25
29	Hakka Noodles	70
30	Potato French fries	60
31	Fresh Lime Water	30
32	Butter Milk	30
33	Sweet/salt Lassi	35
34	Cold Drinks	MRP
35	Canned Juice	MRP
36	Milk with sugar (200ml)	35
37	Coconut Water	MRP
38	Cold Coffee	60
39	Sprout/Aloo Chat/ Beans Salad	40
40	Russian/ Coleslaw /Salad	60
41	Paneer pattice	50
42	Mineral Water Bottle	MRP
43	Croquant Cheese Capsicum	45
44	Tea cakes / muffins	40
45	Donuts / cones with cream	55
46	Brownie / Banana Carrot cake	65
47	Honey Chili Potato	80
48	Chili Paneer	90
49	White Sauce Pasta	70
50	Pastry Vanilla	40
51	Pastry Chocolate	50
52	Masala Dosa	90



IIHMR CANTEN

Meal prices are kept reasonable and transparent, with the full price list displayed prominently at the canteen counter. Students and staff can choose from a range of meal options, from full thali plates to individual items and snacks, ensuring that everyone can find an affordable and nutritious option that fits their budget.

Healthy Cooking Practices

IIHMR University canteen follows health-conscious cooking methods and maintains stringent hygiene standards to ensure that meals are not only tasty but also safe and nutritious.

Cooking Methods and Ingredients

- **Low-oil cooking:** Most food items are steamed, boiled or cooked with minimal oil. Deep-fried items are limited to maintain nutritional quality.
- **Daily oil replacement:** Cooking oil is replaced daily to ensure freshness and avoid the use of degraded or reused oil, which can be harmful to health.

- **Branded cooking oils:** The canteen uses only branded cooking oils that meet food safety standards.
- **RO purified water:** All water used for cooking, drinking and food preparation is purified through Reverse Osmosis (RO) systems, ensuring safety and quality.



Food Sourcing and Freshness

- **Daily procurement:** Fresh vegetables and milk are sourced daily from local vendors, mandis (wholesale markets) and reputed dairy suppliers to ensure the highest level of freshness.
- **Local sourcing:** Wherever possible, ingredients are sourced locally to support nearby communities and reduce the environmental footprint associated with long-distance transportation.

Food Safety and Hygiene

The University canteen operates under strict food safety and hygiene protocols to protect the health of all users.

FSSAI Compliance

The canteen holds a valid **Food Safety and Standards Authority of India (FSSAI) licence**, which is renewed annually. The canteen undergoes regular inspections by food safety authorities to ensure compliance with national food safety standards.

Validation And Renewal Annexure



Form C
Government of Rajasthan
Medical, Health and Family Welfare Department
Food Safety and Standards Authority of India
License under FSS Act, 2006



अनुज्ञापि संख्या / License Number: **12223027000129**

Validity From	Validity Upto	Issued On	Fee Paid	Type	Issuing Authority
16-02-2023	15-02-2024	16-02-2023	2000 INR	New	State Licensing Authority
16-02-2023	15-02-2024	26-05-2023	1000 INR	Modification	State Licensing Authority
16-02-2024	15-02-2025	13-02-2024	2000 INR	Renewal	State Licensing Authority
16-02-2025	15-02-2026	07-02-2025	2000 INR	Renewal	State Licensing Authority

Form C
Government of Rajasthan
Medical, Health and Family Welfare Department
Food Safety and Standards Authority of India
License under FSS Act, 2006

अनुज्ञापि संख्या / License Number: **12223027000129**

1. Name & Registered Office address of Licensee / अनुज्ञापित के पंजीकृत कार्यालय का नाम और पता: M/s REDOPPEPERES HOSPITALITY PRIVATE LIMITED, B4-E, VINAH BHAWAN, CHETAK MARG, PRATAP NAGAR, SANGANER, JAIPUR, Jaipur, Rajasthan-302033

2. Address of Authorized Premises / प्रमाणित पंजीकृत का पता: IIHMR UNIVERSITY, NEAR SANGANER AIRPORT, SANGANER, JAIPUR, Sanganer, Jaipur, Rajasthan-302029

3. Kind of Business / कारोबार का प्रकार: Food Services - Caterer
Food Services - Club/Canteen

4. Dairy Business Details / डेयरी कारोबार विवरण देतु: No

5. Category of License / अनुज्ञापि का वर्ग: State License

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee. / यह अनुज्ञापि प्राप्त किए गए अधिनियम, 2006 के अधिनियम की पूर्ण रूप से अनुपालन के अंतर्गत है।

Place / स्थान: Jaipur

Issued On / दिनांक: 29-01-2026 (Renewal License)

Valid Upto / वैधता: 15-02-2027 (For details, refer Annexure)

Designated Officer

Annexures:
1. Product Annexure
2. Validity Annexure
3. Non-Form C Annexure
4. Conditions Of License

To download 'Food Safety Connect' App, Scan the below QR

Android

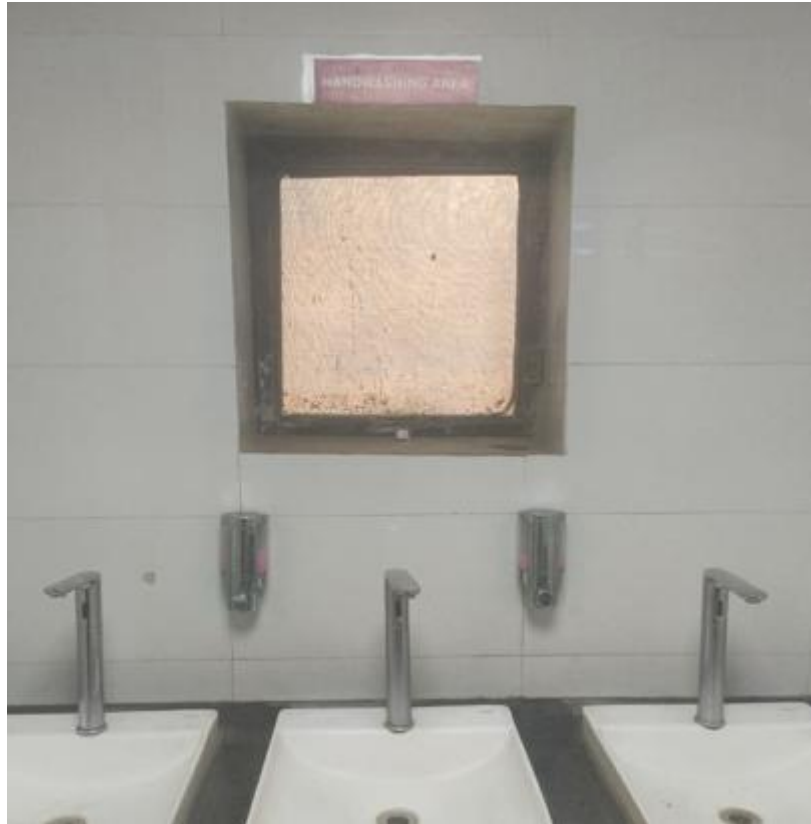
iOS

Note:
1. Application for renewal of License can be filed as early as 180 days prior to expiry date of License. You can file application for renewal or modification of License by login into FSSAI's Food Safety Compliance System(<https://fscs.fssai.gov.in>) with your user id and password or call us at 1800112100 for any clarification.
2. This License is only to commence or carry on food businesses and not for any other purpose.
3. This is computer generated license and doesn't require any signature or stamp by authority.
4. Communications from FoCoS are being sent to shxxxxxxxxxxxxxxxxxxxxxx@iihmr , pexxxxxxxxxxxxxxxxxxxxxxx@iihmr

Page 1 of 7

Cleaning and Sanitation

- **Thrice-daily cleaning:** The kitchen, serving area and utensils are cleaned three times daily—before breakfast, after lunch and after dinner—to maintain hygiene throughout operational hours.
- **Hand-washing facilities:** Hand-washing stations with soap are available near the dining area, promoting personal hygiene among students and staff.



Reusable Utensils and Waste Reduction

- **Steel plates and cutlery:** The canteen exclusively uses stainless steel plates, bowls and cutlery, which are washed and reused. This eliminates the use of disposable plastics and single-use items, contributing to campus sustainability.



- **Leftover food management:** Edible leftover food that is not stale is responsibly donated to nearby farms, where it is used as animal feed, minimising food waste and supporting local agricultural activities. **Waste segregation:** Multiple dustbins are placed throughout the canteen area to enable proper waste segregation at source.



Canteen Infrastructure and Comfort

The canteen provides a comfortable and hygienic dining environment for all users.

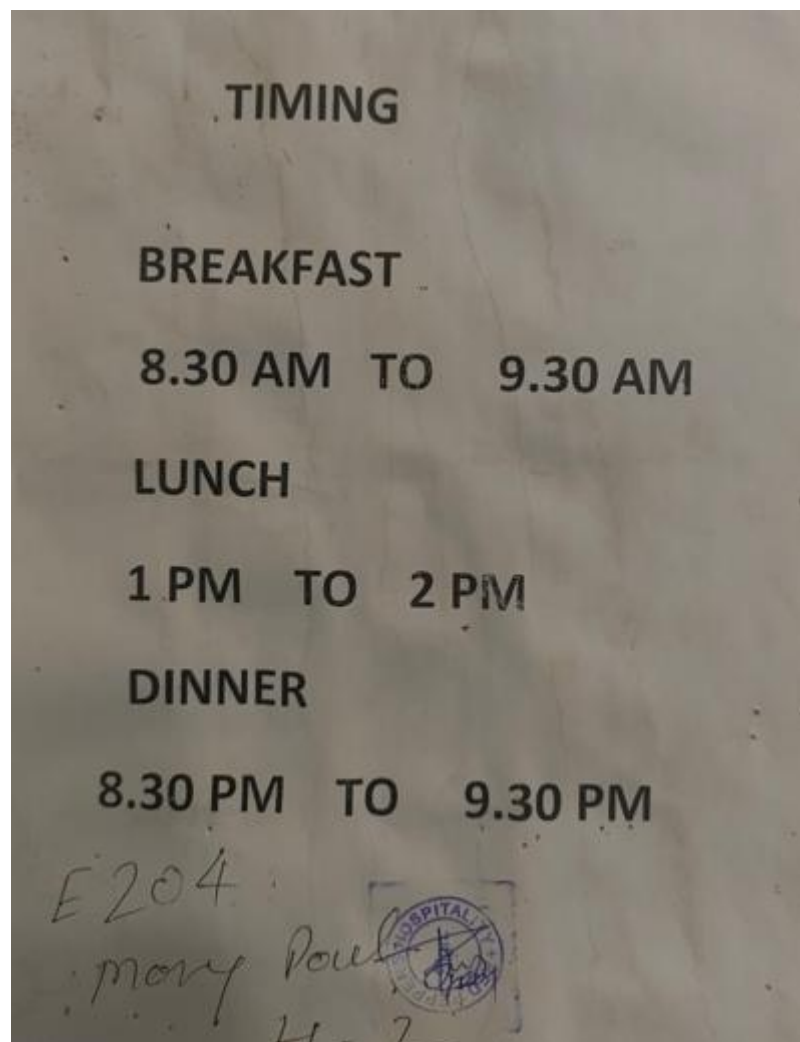
- **Air-conditioned dining hall:** The mess area is air-conditioned to ensure comfort, especially during hot weather.
- **Kitchen ventilation:** An exhaust and cooling system is installed in the kitchen area to maintain a safe and comfortable working environment for canteen staff.
- **Water dispensers:** Three RO water dispensers are available in and around the canteen, ensuring easy access to safe drinking water for students and staff at all times.



Awareness and Feedback

Information and Education

The canteen displays posters and informational materials promoting healthy eating practices and encouraging efforts to minimise food waste. These materials help create awareness among students and staff about the importance of nutrition and sustainable consumption.



Feedback Mechanism

The canteen maintains a **feedback system** that allows students and staff to share their suggestions, complaints and preferences. This system enables continuous improvement in menu planning, service quality and overall user satisfaction. The canteen management regularly reviews feedback and makes adjustments to better serve the campus community.

DATE: / / PAGE NO.:

Lunch

overall food was tasty & of good quality

Dal was good but sabji more fresh

week was best require improvement

The lunch is decent & tasty as well

Dal muturi is good

Lunch was good ok

Dinner

Tadka's ~~dal~~ dal is not at all good in taste. Buri smell is coming out and the taste is bitter. Unable to eat - ok

Sabji is good. Maintain the food quality

dal jali hai thi, Corn Palak
mai Corn 2p gina Hua
hota hai Spiced

Corn palak was good & so were rotis.

Dinner was good

Corn palak was tasty

Dinner was very good

Side

Canteen Rules and Guidelines

The canteen operates under a set of **written rules and food quality guidelines** that are shared with all staff and displayed at appropriate locations. These guidelines ensure consistency, safety and accountability in canteen operations.

Mess Rules

Mess facility is compulsory for all the hostel residents. Providing wholesome and hygienic food to students residing in the hostels is the primary concern of the authorities. Presently messes are run through mess contractors selected on the basis of a transparent e-tendering system. However, monitoring and maintenance of the quality food served to the boarder as per tender document are undertaken by the mess committee of the respective hostel. Any controversy related to the quality and quantity of food served to the student between mess committee and the mess contractor has to be solved amicably. **The hostel management reserves the right to revise the rules and regulations from time to time and will keep the hostel residents informed of any changes in the form of notices on the hostel notice board. Ignorance of rules will not be accepted as an excuse. Any demonstration / procession etc. related to mess issues will force the University authority to withdraw the mess facility.**

The Hostel is meant for both boarding and lodging. No one is permitted to use either of them (boarding or lodging). Once a student is admitted to the Hostel he/she is deemed to become a member of the Hostel Mess until he/she officially vacates

the
Ho
stel

- Student shall pay full mess fees in advance at the time of admission to the Mess contractor. Students are requested to carry their identity cards while going to mess
- Absence from the mess will be permitted only by the Warden on specific written request for valid reasons, for a maximum period of ten days from the date of reopening of the College and mess rebate will be permitted, afterwards they will be charged. The mess committee shall be responsible for ensuring smooth & timely operation of the mess and also verify the quality of food being served in the mess. The mess committee shall ensure that the proposed menu is strictly followed and any exception has to be approved by the mess coordinator.
- There will fix slot for breakfast, lunch and dinner as notified in the hostel mess. No student can force mess staff or hostel management committee for food after allotted time slot.
- The mess timings are as follows and the students should strictly adhere to these timings (subject to change in consultation with mess committee from time to time)



- Students on no account will be permitted to take food outside the mess. Nor can they take mess utensils such as plates, spoons, tumblers, etc. to their rooms.
- All are advised to keep the mess and surroundings neat and clean. No notices are permitted to be pasted on walls by the students. Notices put up on the notice boards (with the approval of warden) should not be removed by the diners. Fine will be levied to those who have pasted or removed.
- Students should not bring any pet animals into the mess hall or encourage such practice
- Residents who vacate the hostel before 15th of the month will be charged Mess Charges for half month and those who vacate after 15th of the month will be charged for full month.
- Students if not taking food, will not be given exceptional treatment (like giving extra milk, fruits etc.) in lieu of paying mess bill
- Mess users are prohibited from keeping their bags, handbags, satchels, or any other personal belongings on the mess tables.
- Students proceedings on leave, however, may be given rebate in mess charges with the following conditions.
 - It should be sanctioned leave with genuine reasons.
 - Period of leave should be for minimum five days in continuation.
 - Sanctioned leave form should be submitted to the hostel warden at least one day in advance.
 - Such rebates will be adjusted by the at the end of the final term.



Future Enhancements

IIHMR University canteen remains committed to continuously improving its offerings. The canteen management is open to introducing additional healthy options based on the evolving preferences and needs of the campus community. Potential future enhancements include:

- Expanding the salad bar with more seasonal and locally sourced vegetables
- Introducing millet-based meals and other nutrient-rich grain alternatives
- Offering more seasonal fruits as part of the regular menu
- Strengthening partnerships with local organic farmers for sustainable sourcing

Conclusion

The provision of healthy and affordable food at IIHMR University reflects the institution's holistic approach to student and staff wellbeing. By maintaining high standards of food safety, hygiene and nutritional quality, the University ensures that its campus community has access to meals that support their health, academic performance and overall quality of life. The canteen's commitment to sustainability—through waste reduction, local sourcing and responsible food management—further strengthens the University's role as a socially and environmentally responsible institution.