

**Healthy and affordable food choices**

Overall, the socio economic status of University students and employees have been considered during menu preparation and pricing of food. Majority of the University students can afford healthy, balanced and nutritious food at reasonable prices at all food outlets. Our cafeterias are offering --- daily hot meals to the students' year along and prices are less than a dollar for every food item. As compared to the market, we offer 50% discount on each food commodity to the students at different University cafeterias

MENU		MENU	
 <p><b>UPR CAFE</b></p> <p><b>OUR MENU</b></p> <p><b>RICE</b></p> <p>Product _____ Single / Full</p> <p>Biryani _____ 150 / 200</p> <p>Chicken Plaow _____ 140 / 180</p> <p><b>Additional</b></p> <p>Keema ..... 120 / 150</p> <p>Beaf ..... 110 / 150</p> <p>Chicken Keema ..... 120 / 150</p> <p>Lobia rice ..... 120 / 150</p> <p>Dal Mash ..... 90 / 110</p> <p>Dal Masoor ..... 90 / 110</p> <p>Dal Lobia ..... 90 / 110</p> <p>Mix Vegetables ..... 90 / 110</p> <p>Roti/ naan ..... 30</p> <p>Andacarri ..... 80</p> <p>Soup simple ..... 80</p> <p>Soup anda ..... 100</p> 		<p><b>UPR CAFE</b></p> <p><b>Refreshments</b></p> <p>Tea ..... 50</p> <p>Green tea ..... 50</p> <p>Kahwah ..... 50</p> <p>French Toast ..... 40</p> <p>Fried Egg ..... 50</p> <p>Omelette ..... 60</p> <p>Paratha ..... 50</p> <p>Band Makhan ..... 80</p> <p><b>OUR MENU</b></p> <p><b>Deserts &amp; Snacks</b></p> <p>Fruit chat ..... 100</p> <p>Channa chat ..... 80</p> <p>Pakora ..... 60</p> <p>Smosa ..... 40</p> <p>Burger ..... 100</p> <p>French fries ..... 80</p> <p>Milkshake ..... 150</p> <p>Sandwich ..... 90</p> <p>Plain yogurt ..... 100</p> <p>Fruit Yogurt ..... 100</p> <p>Fresh Juices ..... 80</p> 	

*The Menu card of University of Poonch Rawalakot indicating affordable and healthy foods*