



Evidence(s)

THE-Impact Ranking



HEI: TRIDENT ACADEMY OF TECHNOLOGY

COUNTRY: INDIA

WEBSITE: <https://tat.ac.in/activities/>

2.3.4. HEALTHY FOOD CHOICES ON CAMPUS

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The college canteen prioritizes providing essential nutrition through a wide selection of healthy and affordable food options. The campus cafeterias are regularly audited and regulated to ensure hygiene and food safety. To cater to diverse preferences, including international students, the menu offers a variety of dishes, with a dynamic range that changes regularly.



Plate1- Breakfast

Following is table of nutritional values of the food offerings at Trident Academy of Technology every week.

Day	Meal	Food Items	Estimated Calories	Protein (g)	Carbohydrates (g)	Fat (g)
Sunday	Breakfast	Uttapam (2 pcs) with chutney and sambar / Chakuli, Ghuguni	300-350	8	60	10
	Lunch	Rice, Dal, Chicken Curry (non-veg) / Paneer Masala (veg), Dahi Salad	600-700 (chicken) / 500-600 (paneer)	25 / 20	80	15-20
	Dinner	Rice, Roti, Bhaja, Alu Soyabean Masala / Dalma	500-600	15	85	10
Monday	Breakfast	Upama & Matar Curry	300-350	8	60	10
	Lunch	Rice, Dalma, Alu Bharata, Tamato Khajara Khata	500-600	15	80	15
	Dinner	Rice, Dal, Roti, Chhole, Payas	500-600	20	80	10



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Day	Meal	Food Items	Estimated Calories	Protein (g)	Carbohydrates (g)	Fat (g)
Tuesday	Breakfast	Idly (5 pcs) with Sambar and chutney	250-300	7	50	5
	Lunch	Rice, Dal, Fish Besar (non-veg), Alu Potal Curry, Frimes	600-700	25	80	20
	Dinner	Rice, Dal, Roti, Alu Dam, Bundi	500-600	15	85	10
Wednesday	Breakfast	Bread with Alu Sandwich / Alu Chop, Matar Curry	350-400	10	65	10
	Lunch	Rice, Dal, Chicken Curry (non-veg) / Paneer Curry (veg), Salad	600-700 (chicken) / 500-600 (paneer)	25 / 20	80	15-20
	Dinner	Rice, Dal, Roti, Egg Curry (2 pcs) (non-veg) / Paneer Tadka (veg), Sweet (Rasgulla/Gulab Jamun)	600-700	20 / 15	85	15
Thursday	Breakfast	Idly (5 pcs), Matar Curry, Chutney	250-300	7	50	5
	Lunch	Rice, Dal, Alu Potal Curry, Dahi Bundi	500-600	15	80	15
	Dinner	Rice, Dal, Roti, Paneer Butter Masala	600-700	20	85	20
Friday	Breakfast	Dahi Bara (4 pcs), Alu Dam / Bara Matar Curry	300-350	10	60	10
	Lunch	Rice, Dal, Fish Curry (non-veg) / Pakudi Curry (veg), Alu Kalara Chips	600-700	25 / 15	80	20
	Dinner	Rice, Dal, Roti, Buta Dal (veg) / Fish Ghanta (non-veg)	500-600	20 / 25	80	10-15
Saturday	Breakfast	Chhole, Bhatore (2 pcs)	400-450	15	70	15
	Lunch	Rice, Dal, Egg Curry (2 pcs) (non-veg) / Soyabean Kasa, Ambula Rai	600-700	20 / 25	80	15-20
	Dinner	Peas Palao, Dal Fry, Potal Kurma	500-600	15	85	10



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Description

Trident Academy of Technology introduced healthy and affordable food choices across all campus dining outlets. This initiative ensures that nutritious meals are accessible to all students and staff at reasonable prices. The academy offers a variety of healthy food options, including vegetarian and low-cost meals, to promote well-being and meet the diverse dietary needs of the campus community.