

Diet Plan - JMD World School

05th February - 10th February '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Refreshment : Salted sevai
Saute mix dal sprouts

- Refreshment : Cheese corn sandwich(corn+ cheese)

- Refreshment : Saute sooji idle (matar + sooji + veggies)

- Refreshment : Paneer tikka roll (wheat roll)

- Refreshment : Veg cutlet (veggies+ oats powder+ paneer)
Saute moong dal sprouts

- Refreshment : Vada pav

Fruit Break



- Whole Fruit : Papaya

- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Papaya

Lunch



- Main Course: Arhar dal, Patta gobhi ,aloo matar veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Matar stuffed Paratha
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Masur dal, Baigan aloo veg
- Roti : Bajra roti / wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Aloo matar tamatar tutputi veg
- Roti : Wheat puri
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Sweet : Shahi toast
- Curd : Plain curd

- Main Course: Kabab Paratha (nutrela veg kabab)
- Salad : Beetroot anar salad / plain salad
- Curd : Beetroot anar salad / plain salad / kachumber salad
- Chutney : Pickle / chutney
- Papad : Aloo papad / optional
- Pickle : Pickle / chutney

- Main Course: Veg noodles (lots of veggies+ wheat noodles)

Evening Snacks



- Short Bites : Bourmvita milk
Chocolate donuts

- Short Bites : Chocolate milk
Laiya saute

- Short Bites : Kesar elaichi milk
Butter crescent bread

- Short Bites : Haldi milk
Apple pie

- Short Bites : Tomato Soup
Saute green matar

Note : "Menu may change according to the availability of the material."

