

# Diet Plan - JMD World School

10<sup>th</sup> February - 15<sup>th</sup> February '25

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Breakfast  
Besan mix veg pakori  
Tomato sauce/ Green chutney  
Saute moong dal sprouts with lemon and salad  
Almond milk (almond with milk)

- Breakfast  
Banana pancake  
Green matar aloo ghugri  
Haldi Milk

Breakfast  
Kesar milk  
Gobhi stuffed paratha  
Amla chutney

- Breakfast  
Mix bajra khichdi (Bajra daliya, dal with veggies)  
Bournvita Milk

- Breakfast  
Bournvita milk  
Honey chilli paneer patoto  
Bread butter

Fruit Break

- Whole Fruit - Orange

- Whole Fruit - Banana

- Whole Fruit -Pineapple

- Whole Fruit - Apple

Lunch

Main Course :  
Chef special  
Sweet : Shahi toast

- Main Course: Mix Dal Sem Aloo
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

**RAVIDAS JAYANTI HOLIDAY**

- Main Course : Rajma
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

- Main Course: Tamatar arhar dal, Baigan aloo veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

Main Course:  
Grapes  
Noodles (rice noodles with lots of veggies)

Evening Snacks

- Short Bites :  
Sweet corn

- Short Bites :  
Black forest pastry

- Short Bites :  
Veg puff(like patties)

- Short Bites :  
Popcorn  
Tang