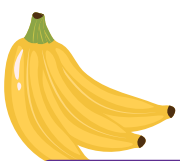


# Diet Plan - JMD World School

11<sup>th</sup> November - 16<sup>th</sup> November '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>Strawberry shake</li> <li>Veg Salted sevai</li> <li>French Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>Kesar milk</li> <li>Cheese corn sandwich</li> <li>Saute mix dal sprouts with salad and lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>Mishrambu milk</li> <li>Pyaj stuffed Paratha</li> <li>Saute mix dal sprouts with salad and lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>Caramel milk</li> <li>Dabeli</li> </ul>		<ul style="list-style-type: none"> <li>• Breakfast</li> <li>Chocolate shake</li> <li>Paneer stuffed Paratha with veggies</li> <li>Tomato chutney/ imli chutney / tomato sause</li> </ul>
<p>Fruit Break</p>	<ul style="list-style-type: none"> <li>• Whole Fruit - Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Fruit - Banana</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit - Pomegranate</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Fruit - Grapes</li> </ul>		
<p>Lunch</p>	<ul style="list-style-type: none"> <li>• Main Course: Arhar dal, Kurkuri bhindi</li> <li>• Roti : Wheat Roti</li> <li>• Rice : Plain rice</li> <li>• Chutney: Chutney</li> <li>• Salad : Plain salad</li> <li>• Papad :Aloo papad / optional</li> <li>• Curd : Plain curd</li> </ul>	<ul style="list-style-type: none"> <li>• Main Course: Kadhai paneer veg</li> <li>• Roti : Wheat Roti</li> <li>• Rice: Plain rice</li> <li>• Chutney: Chutney</li> <li>• Salad : Plain salad</li> <li>• Papad :Aloo papad/ optional</li> <li>• Curd : Plain Curd</li> </ul>	<ul style="list-style-type: none"> <li>• Main Course: White chhole</li> <li>• Roti : Wheat kulcha</li> <li>• Rice: Jeera rice</li> <li>• Chutney: Chutney</li> <li>• Salad : Plain salad</li> <li>• Papad :Aloo papad/ optional</li> <li>• Curd : Plain Curd</li> </ul>	<ul style="list-style-type: none"> <li>• Main Course: Veg kabab</li> <li>• Roti : Wheat Paratha</li> <li>• Chutney: Chutney</li> <li>• Salad : Plain salad</li> <li>• Papad :Aloo papad/ optional</li> <li>• Sweet : Rice kheer</li> </ul>	<p><b>HOLIDAY</b></p>	<p>Main Course:</p> <p>Chef special</p> <p>White rasgulla</p>
<p>Evening Snacks</p>	<ul style="list-style-type: none"> <li>• Short Bites :</li> <li>Lamon cheese cake</li> <li>Coffee</li> </ul>	<ul style="list-style-type: none"> <li>• Short Bites :</li> <li>Sweet corn</li> <li>Tang</li> </ul>	<ul style="list-style-type: none"> <li>• Short Bites :</li> <li>Cookies</li> <li>Orange juice (normal temperature )</li> </ul>	<ul style="list-style-type: none"> <li>• Short Bites :</li> <li>Bournvita milk</li> <li>Nachos</li> </ul>		

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

