

Diet Plan - JMD World School

11th - 16th September '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Bournvita milk
- Refreshment :
Besan bread (shallow fry)
Steamed moong dal sprouts with lemon

- Lassi
- Refreshment :
Stuffed paneer paratha
Tomato sauce

- Strawberry shake
- Refreshment :
Baked beans
Toast

- Bournvita milk
- Refreshment :
Spring roll

- Juice
- Refreshment :
Ragda patties

- Bournvita milk
- Refreshment :
Veg salted sevai

Fruit Break



- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Guava

- Whole Fruit : Guava

- Whole Fruit : Banana

- Whole Fruit : Apple

Lunch



- Main Course: Lauki chane dal, Kurkuri bhindi
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Onion salad / plain salad
- Papad : Moong dal papad / optional
- Curd : Plain set curd

- Main Course: Vegetable khichadi
- Chutney: Pickle / chutney
- Papad : Moong dal papad / optional
- Curd : Dahi vada
- Salad : Kachumbar salad / plain salad

- Main Course :Kadi, aloo tamatar veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Tomato salad / plain salad
- Papad : Moong dal papad / optional

- Main Course :Dal stuffed paratha
- Curd : Plain set curd

- Main Course :
Corn sandwich
Shikanji
Strawberry tart

- Main Course :
Paneer roll
Tomato sauce

Evening Snacks



- Short Bites :
Boiled corns chat
Roohfza water

- Short Bites :
Banana chips
Shikanji

- Short Bites :
Pani batashe
Apple pie

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

