

Diet Plan - JMD World School

11th March - 16th March '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Refreshment :
- Bournvita milk
 - Bread roll
 - Saute sabut moong dal

- Refreshment :
- Keno Juice
 - Veg paneer stuffed Paratha
 - Tomato sauce / green chutney

- Refreshment :
- Banana Shake
 - Mix dal chilla

- Refreshment :
- Ruhafja milk
 - Ragda patties
 - Saute mix dal sprouts with lemon

- Refreshment :
- Keno juice
 - Veg poha with peanut/ green matar, Sprouts bhel

- Refreshment :
- Strawberry shake
 - Veg sandwich (brown bread)
 - Besan dhokla

Fruit Break

- Fruit - Grapes

- Fruit - Banana

- Fruit - Apple

- Fruit - Orange

- Fruit - Papaya

Lunch

- Main Course: Arhar dal, Kaddu 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 paneer veg
- Roti : Wheat Roti
- Rice : Veg pulao
- Salad : Beetroot anar salad / plain salad
- Curd : Plain curd
- Pickle : Pickle/ chutney
- Papad : Aloo papad

- Main Course: Masur dal, Bhindi veg
- Roti : Wheat Roti
- Rice : Plain Rice
- Curd : Plain curd
- Salad : Beetroot anar salad / plain salad
- Pickle : Pickle / chutney
- Papad : Aloo papad / optional

- Main Course: Chhola
- Roti : Wheat Kulcha
- Rice : Plain rice
- Curd : Plain curd
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Sweet : Phirni

- Main Course: Malai kofta
- Roti : Wheat roti
- Rice : Veg pulao
- Curd : Plain curd
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional

- Main Course:
- Hot dog

Evening Snacks

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

