

Diet Plan - JMD World School

12th August - 17th August '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Breakfast
- Banana shake
- Veg Poha with peanuts
- Mix dal sprouts with lemon and salad

- Breakfast
- Chocolate milk
- Misal pav (wheat pav)

- Breakfast
- Mishrambu milk
- Besan pyaj thepla
- Green chutney/ tomato sauce

- Banana , Tang
- Breakfast
- Raj kachauri/ Ragada Patties with tricolor cake and strawberry shake

- Breakfast
- Cold coffee
- Salted sevai (wheat sevai+ veggies)
- Mix dal sprouts with salad and lemon

- Breakfast
- Strawberry shake
- Paneer wrap (wheat roti + veggies+ paneer)
- Tomato sauce/ tomato peanuts chutney

Fruit Break

- Whole Fruit - Banana

- Whole Fruit - Pear

- Whole Fruit - Guava

- Whole Fruit - Banana

Take away food

Laddoo

Lunch

- Main Course: Arhar dal, Dry arbi veg
- Roti: Wheat roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Mix Salad
- Papad :Aloo papad
- Curd : Plain Curd

- Main Course: Matar paneer veg
- Roti : Wheat Roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad / optional
- Curd : Plain Curd

- Main Course: Dal makhani, Mix veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad :Aloo papad
- Curd : Plain curd

- Main Course: Aloo stuffed Paratha
- Chutney : Chutney
- Salad : Kachumber salad
- Papad : Aloo papad / optional
- Curd : Any raita
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- Main Course:
- Kala chana burger (kala chana tikki +wheat bun)
- Icecream

Evening Snacks

- Short Bites : Saute laiya
- Glucon-D

- Short Bites : Bhutta
- Mix fruits juice

- Short Bites : Chocolate tart
- Tart

- Short Bites : Banana chips
- Fruit juice

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

