

Diet Plan – JMD World School

12th May – 17th May '25



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

Breakfast

Kino anar juice
Beetroot paratha
Plain curd
Mint chutney

Breakfast

Mishrambu Milk
Veg poha (peanut & veg)
Sprouts chat

Breakfast

Chef special

Breakfast

Bournvita milk shake
Focaccia veg sandwich
Sauce

Breakfast

Chocos milk
Veg cutlet
Ketchup
Sprouts

Fruit Break

Whole Fruit
Papaya
any seasonal fruit

Whole Fruit
Banana
any seasonal fruit

Whole Fruit
mango
any seasonal fruit

Whole Fruit
apple
any seasonal fruit



Lunch

Buddha
Purnima

Main Course: Paneer
butter masala

Roti : Tandoori roti

Rice : Salted Jeera rice

Chutney: Chutney

Salad : Beetroot anar
gajar salad

Papad : Aloo papad/
optional

Main Course: White matar
veg,Dry aloo

Roti : Wheat roti

Rice : Steam rice

Chutney: Chutney

Salad : Kachumer salad

Curd : Plain curd

Papad : Aloo papad/
optional

Main Course: Veg tehri

Raita : Boondi raita

Chutney: Chutney

Salad : Kachumer salad

Papad : Aloo papad/
optional

Sweet Dish: Lauki halwa

Main Course: Masoor dal,
Jeera namak lauki veg

Roti : Tawa wheat Roti

Rice : Rice

Chutney: Chutney

Salad : Plain salad

Curd : Plain curd

Papad : Aloo papad/
optional

Main Course:

Red sauce pasta
Spring roll
Butterscotch

Evening
Snacks

Short Bites

Mattha
Dry cake

Short Bites

Lemonade
Laiya saute

Short Bites

Kanji
Coconut cookies

Short Bites

Glucon d
Nachos

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

