

Diet Plan - JMD World School

14th May -17th May '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>		<ul style="list-style-type: none"> • Before Sports Glucon-D • Breakfast Grilled Vegetable Sandwich Caramel milk 	<ul style="list-style-type: none"> • Before Sports Glucon-D • Breakfast Veg poha (lots of veggies) + aloo cutlet Mango shake 	<ul style="list-style-type: none"> • Before Sports Glucon-D • Breakfast Sprouted moong dal Idli (saute) Tomato peanuts chutney Lassi 	<ul style="list-style-type: none"> • Before Sports Glucon-D • Breakfast Paneer Stuffed Paratha Bournvita milk 	
<p>Fruit Break</p>		<ul style="list-style-type: none"> • Whole Fruit - Muskmelon 	<ul style="list-style-type: none"> • Whole Fruit -Banana 	<ul style="list-style-type: none"> • Whole Fruit - Watermelon 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	
<p>Lunch</p>		<ul style="list-style-type: none"> • Main Course: Arhar dal Aloo Capsicum • Roti : wheat roti • Rice : Plain rice Chutney: Pickle / chutney • Salad : Mix Salad / plain salad • Papad :Aloo papad / optional • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Rajma • Roti: wheat roti • Rice: Plain rice Chutney: Pickle / chutney • Salad : Kachumnber salad salad / plain salad • Papad :Aloo papad / optional • Curd : Plain Curd 	<ul style="list-style-type: none"> • Main Course: Matar paneer veg • Roti : Wheat roti • Rice : Plain rice • Salad : Mix salad (cucumber, tomato, onion, beetroot, anar) / plain salad • Papad : Aloo papad / optional • Pickle : Pickle / chutney • Sweet : Mango phirni 	<ul style="list-style-type: none"> • Main Course: Mix dal, Bhindi veg • Roti : wheat roti • Rice : Plain Rice • Chutney: Pickle / chutney Salad : kachumnber salad/ • Mix Salad Papad : Aloo papad / optional Curd : Lauki raita 	
<p>Evening Snacks</p>		<ul style="list-style-type: none"> • Short Bites : Shikanji Chocolate donut 	<ul style="list-style-type: none"> • Short Bites : Tang Roasted makhana 	<ul style="list-style-type: none"> • Short Bites : Bael sharbat Crossant bread 	<ul style="list-style-type: none"> • Short Bites : Pana Banana choco chips muffins 	



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