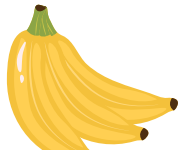


Diet Plan - JMD World School

14th October - 19th October '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Breakfast
Badam kesar milk
Veg sandwich
(brown bread + veggies)
Saute mix dal sprouts

- Breakfast
Chocolate milk
Saute sooji idle
Nariyal chutney
Saute mix dal sprouts

- Breakfast
Ruhafja milk
Moong dal chilla stuffed
with veggies
Imli chutney/
tomato chutney

- Breakfast
Elaichi milk
Besan methi thepla
Tomato sauce/
green chutney

- Breakfast
Strawberry shake
Baked beans with toast

Fruit Break



- Whole Fruit - Papaya

- Whole Fruit - Plum

- Whole Fruit - Banana

- Whole Fruit - Apple

- Whole Fruit - Plum



Lunch

- Main Course: Moong arhar dal, Masala bhindi
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad / optional
- Curd : Plain curd

- Main Course: Paneer lababdar
- Roti : Wheat Roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Curd : Plain Curd

• Chef special

- Main Course:Panchratni dal, Karela aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad :Aloo papad
- Sweet : Nariyal burfi

- Main Course: Rajma
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney : Chutney
- Salad : Kachumber salad
- Papad : Aloo papad / optional
- Curd : Plain curd

PTM

Evening Snacks

- Short Bites :
Chocolate donut
Shikanji

- Short Bites :
Chocolate tart
Jaljeera water

- Short Bites :
Chana jor garam
Tang

- Short Bites :
Cream roll
Mix fruit juice

- Short Bites :
Muffins
Tang

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

