

Diet Plan - JMD World School

15th April -20th April '24

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Before Sports
Glucon-D
- Breakfast
Veg daliya khichadi
Saute moong dal sprouts
with lemon
Bourne Vita milk

- Before Sports
Glucon-D
- Breakfast
Sooji halwa
Boiled kala chana
Mix fruits juice

- Before Sports
Glucon-D
- Breakfast
Mix multigrain uttapam
Strawberry shake

- Before Sports
Glucon-D
- Breakfast
Corn beans paneer
sandwich
Mint matha

- Before Sports
Glucon-D
- Breakfast
Moong dal with sooji mix
idle
Peanuts chutney
Bourne Vita milk

Fruit Break

- Whole Fruit - Banana

- Whole Fruit - Apple

- Whole Fruit - Grapes

- Whole Fruit - Banana

Lunch

- Main Course:
Dal makhani, Mix veg
- Roti : Lachha Paratha
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Veg biryani
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Any raita

HOLIDAY

- Main Course:
Punjabi kadhi, Dry aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Pickle : Pickle / chutney

- Main Course: Hari moong dal tadka, Dry katha veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : plain salad / kachumber salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course:
Wheat/ millet noodles with lots of veggies
Ice-Cream

Evening Snacks

- Short Bites :
Shikanji
Ragi muffins

- Short Bites :
Tang
Laiya bhelpuri

- Short Bites :
Strawberry Shake
Coconut donuts

- Short Bites :
Juice
Cookies

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