

Diet Plan - JMD World School

15th July - 20th July '24

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

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

- Breakfast
- Pudina chach
- Besan pyaj thepla
- Amiya galka / tomato
- peanuts chutney

- Breakfast
- Ruhafja milk
- Veg macaroni (boiled sooji macaroni with lots of veggies)
- Saute Moong dal sprouts with lemon and salad

- Breakfast
- Caramel Milk
- Paneer tikka roll (wheat roti with paneer and veggies)

- Breakfast
- Banana Shake
- Boiled kala chana chat

Fruit Break

- Whole Fruit - Banana

- Whole Fruit -Mango

- Whole Fruit - Apple

- Whole Fruit - Blueberry

Lunch

- Main Course: Moong dal, Lauki musallam
- Roti: Wheat roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad
- Curd : Plain Curd

- Main Course: White chhole,
- Rice: Plain rice
- Chutney: Pickle
- Salad : Beetroot anar salad
- Papad :Aloo papad / optional
- Curd : Plain Curd

Holiday

- Main Course: Soya chunks veg, Baigan Allo veg
- Roti: wheat roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : kachumber salad
- Papad :Aloo papad / optional
- Curd : Plain Curd
- Sweet : Sooji Halwa

- Main Course: Veg tehri
- Salad : Beetroot anar salad
- Papad : Aloo papad / optional
- Pickle : Chutney
- Curd : Kheera raita

- Main Course: Veg burger (wheat bun)
- Icecream cream

Evening Snacks

- Short Bites : Saute laiya
- Glucon-D

- Short Bites : Cookies
- Mix fruit juice

- Short Bites : Laiya peanuts bhelpuri
- Tang

- Short Bites : Muffins
- Sikanji

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