

Diet Plan - JMD World School

15th - 20th May '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Bournvita Milk
- Refreshment :
 - ▲ Vegetable poha
 - ▲ Moong sprouts with lemon

- Mattha
- Refreshment :
 - Baked beans
 - Toast

- Badam milk shake / mishrambhu
- Refreshment :
 - Sabudana khichadi
 - Mango

- Mattha
- Refreshment :
 - Veg salted sevai
 - Mix dal sprouts with lemon

- Juice
- Refreshment :
 - Paneer stuffed paratha
 - Tomato chutney

Fruit Break



- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Grapes

- Whole Fruit : Banana

- Whole Fruit : Kiwi

Lunch



- Main Course: Arhar Dal, Beans aloo veg
- Roti : Wheat Roti
- Chutney: Mango chutney
- Salad : Tomato onion salad / plain salad
- Rice : Plain rice
- Papad : Moong dal papad
- Curd : Plain set curd

- Main Course : Manchurian
- Rice : Fried rice
- Chutney: Peanut chutney
- Sweet : Lauki halwa

- Main Course : Any dal, Shimla mirch aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Mint chutney
- Papad : Aloo roasted papad
- Curd : Plain Curd
- Salad : Beetroot carrot salad / plain salad

- Main Course : Kaddu veg
- Roti : Aloo kachodi / poori,
- Curd : Boondi raita
- Salad :Kachumbar salad / plain salad
- Papad :Urad dal papad
- Chutney: Pickle

- Main Course : Lauki chane dal, Bhindi veg
- Roti : Wheat Roti
- Curd : Plain set curd
- Salad :Onion tomato salad/ plain salad
- Rice : Plain Rice
- Papad : Moong dal papad
- Chutney: Raw mango chutney

PTM

Evening Snacks



- Short Bites :
 - Roohafza
 - Saute laiya

- Short Bites :
 - Tang Mango Muffin

- Short Bites :
 - Glucon D
 - Chili cheese toast

- Short Bites :
 - Pana
 - Mango tart

- Short Bites :
 - Bournvita milk
 - Popcorn

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

