

# Diet Plan - JMD World School

16<sup>th</sup> - 21<sup>st</sup> October '23



| Meal/Day of the week  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday         | Saturday   |
|-----------------------|--|---|--|--|----------------|--|
| <p>Breakfast</p>      | <ul style="list-style-type: none"> <li>• Bournvita milk</li> <li>• Refreshment :<br/>Sooji chilla<br/>Steamed sprouts with lemon</li> </ul>  | <ul style="list-style-type: none"> <li>• Juice</li> <li>• Refreshment :<br/>Salted sevai,<br/>Steamed moong dal sprouts with lemon</li> </ul>   | <ul style="list-style-type: none"> <li>• Chocolate shake</li> <li>• Refreshment :<br/>Poha<br/>Steamed sprouts with lemon</li> </ul>   | <p>EVENT</p>   |                | <ul style="list-style-type: none"> <li>• Ruhafja milk</li> <li>• Refreshment :<br/>Idle<br/>Sambhar</li> </ul> |
| <p>Fruit Break</p>    | <ul style="list-style-type: none"> <li>• Whole Fruit : Apple</li> </ul>  | <ul style="list-style-type: none"> <li>• Whole Fruit : Banana</li> </ul>  | <ul style="list-style-type: none"> <li>• Whole Fruit : Kiwi</li> </ul>   | <ul style="list-style-type: none"> <li>• Whole Fruit : Banana</li> </ul> |                |  |
| <p>Lunch</p>          | <ul style="list-style-type: none"> <li>• Main Course: Arhar dal, Bhindi veg</li> <li>• Roti : Wheat roti</li> <li>• Rice : Plain Rice</li> <li>• Chutney: Pickle / chutney</li> <li>• Salad : Onion tomato salad/ plain salad</li> <li>• Papad : Aloo roasted papad / optional</li> <li>• Curd : Plain set curd</li> </ul> | <ul style="list-style-type: none"> <li>• Main Course: Pindi chana</li> <li>• Roti : Wheat Kulcha</li> <li>• Rice : Veg pulao</li> <li>• Salad : Kachumbar salad / plain salad</li> <li>• Curd : Plain curd</li> <li>• Pickle: Pickle / chutney</li> <li>• Papad : Moong dal papad / optional</li> </ul> | <ul style="list-style-type: none"> <li>• Main Course: Aloo jhol veg Kaddu veg</li> <li>• Roti : Plain poori, Kuttu poori</li> <li>• Rice : Plain Rice</li> <li>• Chutney: Pickle / chutney</li> <li>• Salad : Kachumbar salad / plain</li> <li>• Papad : Moong dal papad / optional</li> <li>• Curd : Lauki raita</li> </ul> | <p>Main Course:<br/>Veg Sandwich<br/>Cupcake<br/>Juice</p>               | <p>HOLIDAY</p> | <p>Main Course:<br/>Veg Noodles<br/>Icecream</p>   |
| <p>Evening Snacks</p> | <ul style="list-style-type: none"> <li>• Short Bites :<br/>Popcorn<br/>Tang</li> </ul>   | <ul style="list-style-type: none"> <li>• Short Bites :<br/>Chips<br/>Chocolate milk</li> </ul>  | <ul style="list-style-type: none"> <li>• Short Bites :<br/>Saute laiya<br/>Glucon- D</li> </ul>  |  |                |  |

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

