





Diet Plan - JMD World School

16th September - 21st September '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast</p>		<ul style="list-style-type: none"> • Breakfast Sattu chhach Pav bhaji (wheat pav) Mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Mix fruit juice Saute sooji idle Mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Haldi milk Paneer tikka roll 	<ul style="list-style-type: none"> • Breakfast Chocolate milk shake Moong dal magori Green chutney 	<ul style="list-style-type: none"> • Breakfast Milk choccos Veg cutlet Saute moong dal Sprouts
 <p>Fruit Break</p>		<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Papaya 	
 <p>Lunch</p>		<ul style="list-style-type: none"> • Main Course: Lut puti aloo tamatar veg, • Roti : wheat poori urad dal kachauri • Chutney: Chutney • Salad : Plain salad • Curd : Plain Curd 	<ul style="list-style-type: none"> • Main Course: Matar paneer veg • Roti : wheat roti • Rice : Jeera rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Punjabi kadhi Jeera aloo veg • Roti : Wheat roti • Rice : Jeera rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad 	<ul style="list-style-type: none"> • Main Course: White Matar veg • Roti : Wheat Roti • Rice : Jeera rice • Chutney : Chutney • Salad : Kachumber salad • Papad : Aloo papad / optional 	<ul style="list-style-type: none"> • Main Course: Veg burger (wheat bun)
 <p>Evening Snacks</p>		<ul style="list-style-type: none"> • Short Bites : Chana jor garam Glucon- d 				



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