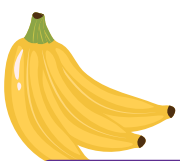


Diet Plan - JMD World School

16th December - 21th December '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<ul style="list-style-type: none"> • Breakfast Paneer sandwich Elaichi Milk 	<ul style="list-style-type: none"> • Breakfast Kesar milk Moong dal chilla (stuffed with paneer) Nariyal peanuts chutney/ tomato chutney /tomato sauce 	<ul style="list-style-type: none"> • Breakfast Bournvita milk Besan methi Paratha Amla chutney Saute mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Idle sambhar Haldi milk 	<ul style="list-style-type: none"> • Breakfast Gobhi stuffed paratha Almond milk (almonds with milk) Saute mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Chef special
<p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Plum 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Orange 	<ul style="list-style-type: none"> • Whole Fruit - Guava 	
<p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Mix dal, Gajar matar aloo chukandar veg • Roti : Wheat Roti • Rice : Plain rice • Chutney: Chutney • Salad : Mix salad • Papad : Papad 	<ul style="list-style-type: none"> • Main Course: Nutrela matar veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Chutney • Salad : Kachumber salad Papad : Papad 	<ul style="list-style-type: none"> • Main Course: Rajma Veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Chutney • Salad : Kachumber salad Papad : Papad 	<ul style="list-style-type: none"> • Main Course: Matar paneer • Roti : Wheat roti • Rice : Plain rice • Chutney: Chutney • Salad : Plain salad Papad : Papad/ optional Sweet :Gajak 	<ul style="list-style-type: none"> • Main Course: Masur dal, Soya methi veg • Roti : Wheat Roti • Rice: Plain rice • Chutney: Chutney • Salad : Mix Salad • Papad : Papad/ optional 	<ul style="list-style-type: none"> Main Course: Pav bhaji Cream roll
<p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Dry cake Lemon coriander soup 	<ul style="list-style-type: none"> • Short Bites : Tomato soup Pineapple pastry 	<ul style="list-style-type: none"> • Short Bites : Matar saute 	<ul style="list-style-type: none"> • Short Bites : Cookies Sweet Corn Soup 	<ul style="list-style-type: none"> • Short Bites : Chocolate doughnut 	

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

