

# Diet Plan - JMD World School

17<sup>th</sup> March - 22<sup>nd</sup> March '25



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Breakfast  
Matar aloo saute  
Banana pancake  
Haldi Milk

- Breakfast  
Veg avacado sandwich  
Tomato ketchup/ green  
dhaniya til chutney  
Juice

Breakfast  
Kesar milk  
Besan pyaaj stuffed  
paratha  
Tamatar khajoor  
chutney/ pickle  
Saute moong dal  
sprouts with lemon  
and salad

- Breakfast  
Farah saute  
Green dhaniya chutney  
Saute moong dal sprouts  
with lemon and salad  
Elaichi Milk

- Breakfast  
Nutrela flakes roll  
Chocolate Milk

- Breakfast  
Masala chach  
Besan chilla stuffed  
with veggies  
Allo cutlet  
Green dhaniya chutney/  
Tomato ketchup

Fruit Break

- Whole Fruit - Grapes

- Whole Fruit- Papaya

- Whole Fruit - Apple

- Whole Fruit - Orange

- Whole Fruit - Banana

Lunch

- Main Course: Lauki  
chana dal, Kaddu veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad : Aloo papad/  
optional
- Curd : Curd

LUNCH  
Chef special

- Main Course : Rajma
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad : Aloo papad/  
optional
- Curd : Curd

- Main Course :  
Palak paneer veg
- Roti : Wheat roti
- Curd: Plain Raita
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad : Aloo papad/  
optional
- Sweet : Lauki Kheer

- Main Course :  
Lal masoor dal, Shimla  
mirch aloo veg
- Roti : Wheat roti
- Curd: Plain curd
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad : Aloo papad/  
optional

Annual  
Report Day

Evening  
Snacks

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

