

# Diet Plan - JMD World School

18<sup>th</sup> - 23<sup>th</sup> September '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Bournvita milk
- Refreshment :  
Vegetable sandwich  
Steamed moong dal  
sprouts with lemon

- Juice
- Refreshment :  
Besan piyaz thepla

- Strawberry shake
- Refreshment :  
Boiled kala chana chat  
Banana muffin

- Bournvita milk
- Refreshment :  
Veg poha Steamed  
moong dal sprouts  
with lemon

- Bournvita milk
- Refreshment :  
Paneer sandwich  
Tomato sauce

Fruit Break



- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Banana

- Whole Fruit : Guava

- Whole Fruit : Apple



Lunch

- Main Course : Idli  
Sambhar

- Main Course :  
Veg pulao  
Boondi raita

- Main Course : Aloo stuffed  
paratha Plain set curd  
/ chutney / pickle

- Main Course : : PavBhaji

- Main Course :  
Veg noodles

Evening Snacks



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

