

Diet Plan - JMD World School

18th November - 23rd November '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Breakfast
Elaichi milk
Pav bhaji
Saute mix dal sprouts with lemon and salad

- Breakfast
Chocolate milk
Gobhi stuffed Paratha
Saute mix dal sprouts with lemon and salad

- Breakfast
Almonds milk
Moong dal chilla stuffed with paneer and veggies
Tomato dhaniya chutney/ imli chutney

- Breakfast
Tomato soup
Palak corn sandwich

- Breakfast
Chef special

Fruit Break



- Whole Fruit - Guava

- Whole Fruit - Green singhara

- Whole Fruit - Orange

- Whole Fruit - Apple



Lunch

- Main Course: Palak dal, Gobhi aloo veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad :Papad
- Curd : Plain curd

- Main Course: Punjabi kadhi, Dry aloo veg
- Roti : Wheat Roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Mix Salad
- Papad :Aloo papad/ optional
- Curd : Plain Curd

HOLIDAY

- Main Course: Urad dal Aloo, gajar, beetroot mixveg
- Roti : Wheat Roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Sweet : Rice Phirni

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

- Main Course:
Thin crust pizza
Pineapple pastry

Evening Snacks



- Short Bites :
Mix fruit juice
Nachos

- Short Bites :
Tomato soup
Muffins

- Short Bites :
Apple pie
Caramel milk

- Short Bites :
Kesar milk
Saute laiya

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

