

Diet Plan - JMD World School

18th March -23th March '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<p>Refreshment :</p> <ul style="list-style-type: none"> • Bournvita milk • Pav bhaji Saute mix dal sprouts with lemon 	<p>• Refreshment :</p> <ul style="list-style-type: none"> • Mix fruits juice • Sooji idle • Nariyal chutney • Saute moong dal sprouts 	<p>• Refreshment :</p> <ul style="list-style-type: none"> • Mishrambu milk • Veg paneer tikka roll tomato sauce 	<p>• Refreshment :</p> <ul style="list-style-type: none"> • Thandai • Papdi chat (wheat papdi with chopped paneer boiled aloo sprouts, curd and khajur chutney with white matar + aloo tikki chat) 	<ul style="list-style-type: none"> • Main Course: Paneer veg Dry aloo • Roti :Wheat poori • Curd : Dahi vada • Chutney: Pickle / chutney 	
<p>Fruit Break </p>	<ul style="list-style-type: none"> • Fruit - Banana 	<ul style="list-style-type: none"> • Fruit - Orange 	<ul style="list-style-type: none"> • Strawberry tart 	<ul style="list-style-type: none"> • Chilli garlic toast 	<ul style="list-style-type: none"> • Papad : Fryms • Sweet : Gujhiya 	
<p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Lauki chana dal, Bhindi veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Pickle / chutney • Salad : Beetroot anar salad / plain salad • Papad : Aloo papad / optional • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Kala chana veg, Parval aloo veg • Roti : Wheat Roti • Rice : Plain rice • Salad : Beetroot anar salad / plain salad • Curd : Plain curd • Pickle : Pickle/ chutney • Papad : Aloo papad 				<p style="color: red; text-align: center; font-size: 2em;">EVENT</p>
<p>Evening Snacks</p>						

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

