

Diet Plan - JMD World School

19th August - 24th August '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>		<ul style="list-style-type: none"> • Breakfast Ruhafja milk Sooji uttapam\ Nariyal peanuts chutney 	<ul style="list-style-type: none"> • Breakfast Coffee Grilled sandwich Tomato sauce Saute mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Mishrambu milk Saute moong dal idle Nariyal peanuts chutney 	<ul style="list-style-type: none"> • Breakfast Strawberry shake Ajwain Namak Kali mirch poori Amiya galka Saute mix dal sprouts with lemon and salad 	
<p>Fruit Break</p>		<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Guava 	<ul style="list-style-type: none"> • Whole Fruit - Pear 	
<p>Lunch</p>	<p>Rakshabandhan</p>	<ul style="list-style-type: none"> • Main Course: Mix dal, Bhindi onion veg • Roti : Wheat Roti • Rice: Plain rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad / optional • Curd : Plain Curd 	<ul style="list-style-type: none"> • Main Course: White chhole Dry aloo veg • Roti : Kulcha • Rice : Plain rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad / optional • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Dam aloo veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Chutney • Salad : Mix salad • Papad :Aloo papad / optional • Sweet : Milk sevai 	<ul style="list-style-type: none"> • Main Course: Paneer do pyaza • Roti : Wheat roti • Rice : Plain rice • Chutney : Chutney • Salad : Kachumber salad • Papad : Aloo papad / optional • Curd : Plain curd 	<p>PTM</p>
<p>Evening Snacks</p>		<ul style="list-style-type: none"> • Short Bites : Cookies Glocon-D 	<ul style="list-style-type: none"> • Short Bites : Laiya bhelpuri Tang 	<ul style="list-style-type: none"> • Short Bites : Muffins Mix fruits juice 	<ul style="list-style-type: none"> • Short Bites : Bhutta Ruhafja water 	



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