

# Diet Plan - JMD World School

1<sup>st</sup> - 6<sup>th</sup> May '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Bournvita Milk
- Refreshment :  
  - Veg salted sevai
  - Kharbooja

- Mattha
- Refreshment :  
  - Veg sandwich
  - Mix sprouts with lemon

- Strawberry shake
- Refreshment :  
  - Stuffed bhujia paratha  
(bhujia, onion, capsicum) Tomato sauce

- Mattha
- Refreshment :  
  - Veg poha
  - Moong dal sprouts

Mother's Day

Fruit Break



- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : kiwi

- Whole Fruit : Pear

Lunch



- Main Course: Arhar Dal, Shimla mirch aloo veg
- Roti : Wheat Roti
- Chutney: Pudina chutney
- Salad : Tomato onion salad / plain salad
- Rice : Plain rice
- Papad : Roasted aloo papad / optional
- Curd : Boondi Raita

- Main Course :Rajma, Parval veg
- Roti : Wheat Roti
- Rice : Plain Rice
- Chutney: Pickle
- Salad : Cucumber salad / plain salad
- Papad : Urad Dal Papad
- Curd : Plain set curd

- Main Course : Chilli paneer, Thai Curry
- Chutney: Tomato chutney
- Rice : Fried rice

- Main Course : Arhar dal Lauki aloo veg
- Roti : Wheat Roti
- Curd : Plain set curd
- Chutney: Raw mango chutney
- Salad :Beetroot anar salad
- Rice : Plain Rice
- Papad : Fryums
- Sweet - Lauki kheer

Holiday

Evening Snacks



- Short Bites :  
  - Rooh fza water
  - Mango muffins

- Short Bites :  
  - Glucon D
  - Lemon tart

- Short Bites :  
  - Pana
  - 2 multigrain cookies

- Short Bites :  
  - Tang
  - Pineapple pastry

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

