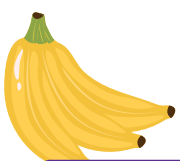


Diet Plan - JMD World School

20th January - 25th January '25



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<ul style="list-style-type: none"> • Breakfast Veg poha with peanut /green matar Saute mix dal sprouts with lemon and salad Hot chocolate milk 	<ul style="list-style-type: none"> • Breakfast Ajwain namak Kali mirch poori Tomato chutney 	<ul style="list-style-type: none"> • Breakfast Bournvita milk Sooji chilla stuffed with veggies Amla chutney Saute mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Pav bhaji Elaichi milk 	<ul style="list-style-type: none"> • Breakfast Paneer stuffed paratha Haldi Milk 	<ul style="list-style-type: none"> • Breakfast Almond milk Banana pancake Besan mix veg pakodi Tomato sauce/ green chutney
<p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Guava 	<ul style="list-style-type: none"> • Whole Fruit - Orange 	<ul style="list-style-type: none"> • Whole Fruit - Kiwi 	
<p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Chef special 	<ul style="list-style-type: none"> • Main Course: Kale chane veg • Roti : Wheat roti • Rice : Plain Rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional 	<ul style="list-style-type: none"> • Main Course: Lehsuni palak paneer • Roti : Wheat roti • Rice : Plain Rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional 	<ul style="list-style-type: none"> • Main Course: Masur dal Soya methi veg • Roti : Wheat roti • Rice : Plain Rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional • Sweet : Sakar kand kheer 	<ul style="list-style-type: none"> • Main Course: Dum aloo veg • Roti : Wheat roti • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional 	<ul style="list-style-type: none"> • Main Course: Noddles (Rice noodles with lots of veggies)
<p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Pineapple pastry Lemon coriander soup 	<ul style="list-style-type: none"> • Short Bites : Banana chips 	<ul style="list-style-type: none"> • Short Bites : Strawberry doughnut 	<ul style="list-style-type: none"> • Short Bites : Nachos 	<ul style="list-style-type: none"> • Short Bites : Mix veg clear soup Butter cookies 	

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

