



Diet Plan – JMD World School

21st April – 26th April '25



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

Breakfast

Banana shake
Veg poha
Sprouts chat

Breakfast

Chocolate milk
Chinese sooji idli
(saute with
Chinese veggies)
Nariyal chutney

Breakfast

(Apple + beetroot+ carrot)
Juice
Cheese sandwich
Saute Sprouts with veggies
Sauce

Breakfast

Mattha
Lauki pyaaj stuffed
Paratha
Plain set curd
Dhaniya chutney

Breakfast

Caramel milk
Rice uttapam
Nariyal chutney
Saute moong dal

Breakfast

Bournvita milk
Besan bread pakoda
Pudina chutney/sauce

Fruit Break



Whole Fruit
Orange

Whole Fruit
Banana

Whole Fruit
Musk melon

Whole Fruit
Grapes

Whole Fruit
Apple



Lunch

Main Course:
Palak paneer

Roti : Wheat Roti

Rice : Steam Rice

Chutney: Chutney

Salad : Plain salad

Curd : Raita

Papad : Aloo papad/
optional

Main Course: Arhar
moong dal mix, Shimla
mirch aloo mix
Roti : Wheat roti

Rice : Rice

Chutney: Chutney

Salad : Plain salad

Curd : Plain curd

Papad : Aloo papad/
optional

Main Course: Nutrela
kawab

Roti : Tawa wheat paratha

Chutney: Pudina chutney

Salad : Plain salad

Curd : Plain curd

Papad : Aloo papad/
optional

Main Course: Punjabi kadi
Jeera aloo pyaaj

Roti : Wheat roti

Rice : Rice

Chutney: Chutney

Salad : Plain salad

Curd : Plain curd

Papad : Aloo papad/
optional

Sweet Dish: Mango Pudding

Main Course:
Chef Special

Main Course:

Veg taco

Vanilla icecream

Evening Snacks

Short Bites

Shikanji
Multigrain cookies

Short Bites

Nachos
Khaskhas water

Short Bites

Chocolate Cookies
Lassi

Short Bites

Laiya saute
Shikanji

Short Bites

Pastry
Beetroot kanji

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

