

Diet Plan - JMD World School

21st October - 26th October '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Breakfast
- Mishrambu milk
- Veg cutlet
- Ragi wheat halwa
- Saute mix dal sprouts with lemon and salad

- Breakfast
- Badam kesar milk
- Palak corn sandwich
- Saute mix dal sprouts with lemon and salad

- Breakfast
- Bournvita milk
- Besan chilla stuffed with veggies
- Tomato chutney /peanuts chutney

- Breakfast
- Chocolate milk
- French fries
- Tomato sauce
- Boiled Kala chana chaat

- Breakfast
- Mix fruit juice
- Pav bhaji (wheat pav)

- Breakfast
- Rose milk
- Moong dal pakodi
- Imli chutney/ tomato chutney

Fruit Break



- Whole Fruit - Apple

- Whole Fruit - Banana

- Whole Fruit -Plum

- Whole Fruit - Apple

- Whole Fruit - Papaya



Lunch

- Main Course: Masur dal Gobhi aloo veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad / optional
- Curd : Plain curd

- Main Course: Besan gatte veg
- Roti : Wheat Roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Curd : Plain Curd

- Main Course: Matar paneer veg
- Roti : Wheat Roti
- Rice: Jeera rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Curd : Plain Curd

- Main Course: Sabut moong dal, Shimla mirch aaloo veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney : Chutney
- Salad : Kachumber salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Nutrela aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad :Aloo papad
- Sweet : Besan laddu

Main Course:
Chef special
Ice Cream

Evening Snacks

- Short Bites :
- Lemon Cheese cake
- Strawberry shake

- Short Bites :
- Roasted makhana
- Mix fruit juice

- Short Bites :
- Cookies
- Shikanji

- Short Bites :
- Laiya Bhelpuri
- Tang

- Short Bites :
- Banana chips
- Ruhafja water

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

