

Diet Plan - JMD World School

22nd - 27th January '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>		<ul style="list-style-type: none"> Refreshment : Moong dal mangori (moong dal paste + veggies) 	<ul style="list-style-type: none"> Refreshment : Paneer sandwich (brown bread+ paneer+ veggies) 	<ul style="list-style-type: none"> Refreshment : Saute sooji idle 	<ul style="list-style-type: none"> Refreshment : Veg cutlet with bread butter 	<ul style="list-style-type: none"> Refreshment : Vada pav
<p>Fruit Break</p>		<ul style="list-style-type: none"> Whole Fruit : Banana 	<ul style="list-style-type: none"> Whole Fruit : Banana 	<ul style="list-style-type: none"> Whole Fruit : Apple 		
<p>Lunch</p>	HOLIDAY	<ul style="list-style-type: none"> Main Course :Matar aloo tamatar jhol veg Roti :Jwar roti Rice : Plain rice Salad : Beetroot anar salad / plain salad Papad : Aloo papad / optional Curd : Plain set curd Pickle : Pickle / chutney Sweet: Gajak 	<ul style="list-style-type: none"> Main Course : Arhar dal, Soya methi aloo veg Roti : Wheat roti Rice : Plain rice Papad : Aloo papad / optional Salad : Beetroot anar salad / plain salad Curd : Plain Set curd Pickle : Pickle / chutney 	<ul style="list-style-type: none"> Main Course : Chhola Roti : Bhatura Rice : Plain rice Papad : Aloo papad / optional Curd : Plain curd Salad : Beetroot anar salad / plain salad Pickle : Pickle / chutney 		<ul style="list-style-type: none"> Main Course : Frankie (veggies+ paneer+ wheat flour)
<p>Evening Snacks</p>		<ul style="list-style-type: none"> Short Bites : caramel milk Roasted peanuts 	<ul style="list-style-type: none"> Short Bites : Kesar milk Cookies 	<ul style="list-style-type: none"> Short Bites : Bournvita milk Roasted makhana 		

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

