

Diet Plan - JMD World School

22th April -27th April '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Before Sports Glucon-D
- Breakfast
Jwar tamatar pyaj chilla
Coconut pudina chutney
Bourne Vita milk

- Before Sports Glucon-D
- Breakfast
Veg poha
Saute mix dal sprouts with lemon
Mint chhas

- Before Sports Glucon-D
- Breakfast
Focaccia sandwich
Mix juice

- Before Sports Glucon-D
- Breakfast
Ragda patties
Cold coffee

- Before Sports Glucon-D
- Breakfast
Sabudana vada
Saute moong dal sprouts
Nariyal peanuts chutney/
dhaniya pudina chutney
Masala chhach

- Before Sports Glucon-D
- Breakfast
Salted sevai
Orange juice

Fruit Break



- Whole Fruit - Banana

- Whole Fruit - Apple

- Whole Fruit - Papaya

- Whole Fruit - Orange

- Whole Fruit - Banana



Lunch

- Main Course: Arhar dal Baigan aloo tamatar veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Nutrela chana mix kabab
- Roti : Wheat Paratha
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Any raita

- Main Course: Rajma, Dry aloo
- Roti: Wheat roti
- Rice: Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain Curd

- Main Course: Masur dal, minced Gobhi veg
- Roti : Wheat roti
- Rice : Plain rice
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Pickle : Pickle / chutney
- Sweet : Rice kheer

- Main Course: Paneer Lababdar,
- Roti : Tandoori wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : plain salad / kachumber salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Hummus wrap Icecream

Evening Snacks

- Short Bites : Pana
Roasted makhana

- Short Bites : Pineapple pastry
Ruhafja water

- Short Bites : Chana jor garam
Tang

- Short Bites : Chilli toast
Jaljeera water

- Short Bites : Cookies
Ruhafja water

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

