

# Diet Plan - JMD World School

22<sup>th</sup> July - 27<sup>th</sup> July '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Breakfast
- Mango shake
- Veg daliya ( wheat raw daliya+ chopped veggies)

- Breakfast
- Mint chach Pav ( wheat pav) bhaji ( veggies with aloo (less quantity))
- Saute mix dal sprouts with lemon and salad

- Breakfast
- Mishrambu milk
- Ragda patties

- Breakfast
- Lassi
- Saute moong dal idle

- Breakfast
- Cold coffee
- Veg salted sevai ( wheat / sooji sevai+ chopped veggies)

- Breakfast
- Bournvita milk
- Mix dal chilla (moong,masur,चना, arhar,oats powder+ veggies)
- Peanuts chutney

Fruit Break



- Whole Fruit - Banana

- Whole Fruit - Guava

- Whole Fruit - Banana

- Whole Fruit - Mango

- Whole Fruit - Guava



Lunch

- Main Course: Masur dal, Mix veg
- Roti: Wheat roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad
- Curd : Plain Curd

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

- Main Course: Aloo pyaj stuffed Paratha
- Chutney: Chutney
- Salad : Mix salad
- Papad :Aloo papad
- Curd : Boondi raita

- Main Course: Dal makhani Shimla mirch aloo veg
- Roti : Wheat roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad :Aloo papad / optional
- Curd : Plain curd
- Sweet : White rasgulla

- Main Course: Veg kabab
- Roti : Wheat Paratha
- Chutney : Chutney
- Salad : Kachumber salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course:
- Veg noodles ( wheat noodles+ veggies)
- Icecream

Evening Snacks



- Short Bites : Roasted makhana
- Mix fruits juice

- Short Bites : Dry cake
- Glucon-D

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

