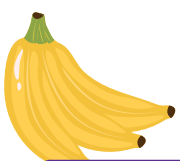


# Diet Plan - JMD World School

23<sup>rd</sup> December - 28<sup>th</sup> December '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<ul style="list-style-type: none"> <li>• Breakfast Besan bread (Brown bread + besan paste with chopped veggies) Green dhaniya chutney Hot chocolate Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Salted sevai(wheat sevai with lots of veggies) Saute mix dal sprouts with lemon salad Kesar Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Paneer tikka roll Almond milk</li> </ul>		<ul style="list-style-type: none"> <li>• Breakfast Matar sandwich Lemon coriander soup</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Bournvita milk Veg Besan chilla Green dhaniya til chutney</li> </ul>
<p>Fruit Break</p>	<ul style="list-style-type: none"> <li>• Whole Fruit - Guava</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Fruit - Apple</li> </ul>			<ul style="list-style-type: none"> <li>• Whole Fruit - Orange</li> </ul>	
<p>Lunch</p>	<ul style="list-style-type: none"> <li>• Main Course: Green Moong dal, Gobhi mussalam</li> <li>• Roti : Wheat Roti</li> <li>• Rice : Plain rice</li> <li>• Pickle / chutney : Pickle</li> <li>• Salad : Beetroot anar salad</li> <li>• Papad : Papad</li> </ul>	<ul style="list-style-type: none"> <li>• Main Course: Chhola</li> <li>• Roti : Bathura</li> <li>• Rice : Jeera rice</li> <li>• Chutney: Chutney</li> <li>• Salad : Kachumber salad</li> <li>Papad : Papad</li> </ul>	<h2>AAVEG</h2>	<h2>HOLIDAY</h2>	<p>Chef special</p> <p>Sweet : Sakarkand kheer</p>	<p>Main Course:</p> <p>Noodles (Rice noodles with lots of veggies) Cheese cake</p>
<p>Evening Snacks</p>	<ul style="list-style-type: none"> <li>• Short Bites : Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Short Bites : Chocolate pastry</li> </ul>			<ul style="list-style-type: none"> <li>• Short Bites : Elaichi Milk Banana chips</li> </ul>	



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