

# Diet Plan - JMD World School

23<sup>rd</sup> - 28<sup>th</sup> October '23



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>			<ul style="list-style-type: none"> <li>• Strawberry shake</li> <li>• Refreshment : Bread pizza (brown bread) Steamed sprouts with lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Bournvita milk</li> <li>• Refreshment : Salted palak poori Tamatar chatney Salted moong dal sprouts with lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Juice</li> <li>• Refreshment : Methi Paratha ( makhana+ oats+ besan +wheat) Dhaniya neebu chatney</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate shake</li> <li>• Refreshment : Moong dal chilla stuffed with paneer</li> </ul>
<p>Fruit Break</p>			<ul style="list-style-type: none"> <li>• Whole Fruit : papaya</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Fruit : kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Fruit : Banana</li> </ul>	
<p>Lunch</p>	Holiday	Holiday	<ul style="list-style-type: none"> <li>• Main Course: Arhar dal, Bhindi veg</li> <li>• Roti : Wheat roti</li> <li>• Rice : Plain Rice</li> <li>• Chutney: Pickle / chutney</li> <li>• Salad : Cucumber salad / plain salad</li> <li>• Papad : Aloo papad / optional</li> <li>• Curd : Plain curd</li> </ul>	<ul style="list-style-type: none"> <li>• Main Course: Rongi (Chhota rajma), Aloo soya methi veg</li> <li>• Roti : wheat roti</li> <li>• Rice : Plain rice</li> <li>• Salad : Tomato onion salad / plain salad</li> <li>• Curd : Plain curd</li> <li>• Pickle: Pickle / chutney</li> <li>• Papad : Moong dal papad / optional</li> <li>• Sweet: Besan burfi</li> </ul>	<ul style="list-style-type: none"> <li>• Main Course: kadai paneer</li> <li>• Roti : Wheat nan</li> <li>• Rice : Veg pulao</li> <li>• Salad : Kachumbar salad / plain salad</li> <li>• Curd : Plain curd</li> <li>• Pickle: Pickle / chutney</li> <li>• Papad : Urad dal papad / optional</li> </ul>	<p>Main Course: Wheat pasta cecream</p>
<p>Evening Snacks</p>			<ul style="list-style-type: none"> <li>• Short Bites : Juice Multigrain cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Short Bites : Popcorn Sattu drink</li> </ul>	<ul style="list-style-type: none"> <li>• Short Bites : Bournvita milk Bhelpuri</li> </ul>	



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

