

Diet Plan - JMD World School

23rd September - 28th September '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

• Breakfast

Lassi
Foccasia sandwich
tomato sauce
Sooji halwa

• Breakfast

Strawberry shake
Moong dal chilla stuffed with veggies
Tamatar peanuts chutney / karonda chutney/ tomato sauce

• Breakfast

Rose milk
Besan pyaj thepla
Imli chutney/ tomato sauce

• Breakfast

Elaichi milk
Grilled sandwich
Mix dal sprouts with lemon and salad

• Breakfast
Chef special

• Breakfast

Bournvita milk
Boiled kala chana chaat
French fries

Fruit Break



• Whole Fruit - Apple

• Whole Fruit - Banana

• Whole Fruit - Papaya

• Whole Fruit - Apple

• Whole Fruit - Banana



Lunch

• Main Course: Mix dal, Baigan aloo tamatar veg
• Roti : Wheat Roti
• Chutney: Chutney
• Salad : Plain salad
• Papad :Aloo papad / optional

• Main Course: Veg kofta
• Roti : Wheat Roti
• Rice: Plain rice
• Chutney: Chutney
• Salad : Plain salad
• Papad :Aloo papad/ optional
• Curd : Plain Curd

• Main Course: Kashmiri dam aloo veg
• Roti : Wheat roti
• Rice : Plain rice
• Chutney: Chutney
• Salad : Kachumber salad
• Papad :Aloo papad
• Curd : Plain curd

• Main Course: Lahsuni palak paneer veg
• Roti : Wheat roti
• Rice : Jeera rice
• Chutney: Chutney
• Salad : Kachumber salad
• Papad :Aloo papad
• Sweet : Shahi toast

• Main Course: Arhar dal, Mix Veg
• Roti : Wheat Roti
• Rice : Plain rice
• Chutney : Chutney
• Salad : Kachumber salad
• Papad : Aloo papad / optional
• Curd : Plain curd

Main Course:
Subway wrap
ICECREAM

Evening Snacks

• Short Bites :
Mix fruit juice
Popcorn

• Short Bites :
Besan gathiya
Glucon -d

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

