

Diet Plan - JMD World School

24th - 29th April '23



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<ul style="list-style-type: none"> • Bournvita Milk • Refreshment : - Poha - Mix dal sprouts with lemon 	<ul style="list-style-type: none"> • Mattha • Refreshment : Aloo Paratha <small>Tomato Sauce</small> 	<ul style="list-style-type: none"> • Mango Shake • Refreshment : Idli, Sambhar 	<ul style="list-style-type: none"> • Mattha • Refreshment : Moong dal chilla, Stuffed paneer 	<ul style="list-style-type: none"> • Juice • Refreshment : Veg Macroni, Steamed moth 	<ul style="list-style-type: none"> • Bournvita Milk • Refreshment : Bread Roll
<p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit : Apple 	<ul style="list-style-type: none"> • Whole Fruit : Banana 	<ul style="list-style-type: none"> • Whole Fruit : Grapes 	<ul style="list-style-type: none"> • Whole Fruit : Pear 	<ul style="list-style-type: none"> • Whole Fruit : Banana 	<ul style="list-style-type: none"> • Whole Fruit : Orange
<p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Butter Paneer Kaddu Veg • Roti : Wheat Roti • Chutney: Pudina chutney • Salad : Cucumber kakadi salad • Rice : Plain rice • Papad : Moong Dal Papad • Curd : Pineapple Raita 	<ul style="list-style-type: none"> • Main Course : Dal Makhani, Mix Veg • Roti : Wheat Roti • Rice : Plain Rice • Chutney: Tomato chutney • Salad : Kachumber Salad • Papad : Aloo papad • Curd : Cucumber Raita 	<ul style="list-style-type: none"> • Main Course : Nutrela Chunks Gravy Veg, Bhindi • Roti : Wheat Roti • Curd : Boondi Raita • Chutney: Raw mango chutney • Salad : Beetroot anar Salad • Rice : Veg Pulao • Papad : Frymes 	<ul style="list-style-type: none"> • Main Course : Moong Dal, Lauki Kofta Veg • Roti : Wheat Roti • Curd : Pickle • Chutney: Amrood Chutney • Salad : Corn salad • Rice : Plain Rice • Papad : Urad Dal • Sweet - Rice Kheer 	<ul style="list-style-type: none"> • Main Course : Mix Dal, Zeera Aloo • Roti : Wheat Roti • Curd : Plain set curd • Chutney: Mint, Coriander chutney • Salad : Tomato, onion salad • Rice : Plain Rice • Papad : Aloo Papad 	<ul style="list-style-type: none"> • Main Course : Veg Pizza with cheese Ice-cream
<p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Tang Pineapple Cake 	<ul style="list-style-type: none"> • Short Bites : Roohafza Water Chocolate Donut 	<ul style="list-style-type: none"> • Short Bites : Popcorn, Tang 	<ul style="list-style-type: none"> • Short Bites : Strawberry Tart, Glucon-D 	<ul style="list-style-type: none"> • Short Bites : Bournvita Milk, Cookies 	<p>Half-day</p>



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

