

Diet Plan - JMD World School

24th - 29th July '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Bournvita Milk
- Refreshment : Veg poha
Mix dal steamed sprouts with lemon

- Mattha
- Refreshment : Besan piyaz paratha

- Strawberry Shake
- Refreshment : Besan chilla
French fries

- Mattha
- Refreshment : Saute sooji idli with veggies

- Juice
- Refreshment : Baked beans Toast

Fruit Break

- Whole Fruit : banana

- Whole Fruit : Pear

- Whole Fruit : Banana

- Whole Fruit : Pear

- Whole Fruit : Banana



Lunch

- Main Course: Arhar dal, Mix veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Cucumber salad / plain salad
- Papad : Moong dal papad / optional
- Curd : Plain set curd

- Main Course :Veg khichadi
- Chutney: Pickle / chutney
- Salad : Tomato onion salad / plain salad
- Papad : Urad dal papad / optional
- Curd : Boondi raita

- Main Course : Kadi pakodi
Aloo tamatar veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Papad : Moong dal papad / optional
- Salad : Tomato onion salad / plain salad

- Main Course : Lauki chane dal, Shimla mirch aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Papad : Aloo roasted papad / optional
- Curd : Plain Curd
- Salad : Kachumber salad / plain salad
- Sweet : Fruit custard

Holiday

Evening Snacks

- Short Bites : Tang
Popcorn

- Short Bites : Chocolate donut
Roohfza water

- Short Bites : Glucon D
Roasted laiya

- Short Bites : Shikanji
Pineapple pastry

- Short Bites : Tang
Chana jor garam

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

