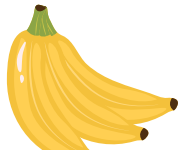


Diet Plan - JMD World School

25th November - 30th November '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast		<ul style="list-style-type: none"> • Breakfast Tomato soup Pav Bhaji 	<ul style="list-style-type: none"> • Breakfast Caramel milk Sooji idle Nariyal chutney Saute mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Mix fruit juice Saute Boiled kala chana Sooji halwa 	<ul style="list-style-type: none"> • Breakfast Kesan milk Palak poori Tomato peanuts chutney/ imli chutney 	<ul style="list-style-type: none"> • Breakfast Bournvita milk Besan chilla stuffed with veggies French fries Tomato sauce
 Fruit Break		<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Fruit - Guava 	<ul style="list-style-type: none"> • Whole Fruit - Singhara 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	
 Lunch	<p>HOLIDAY</p>	<ul style="list-style-type: none"> • Main Course: Arhar Dal, Aloo Gobhi • Roti : Wheat Roti • Rice: Plain Rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional • Curd : Plain Curd 	<p>Chef special</p>	<ul style="list-style-type: none"> • Main Course: Palak Paneer • Roti : Wheat roti • Chutney: Chutney • Rice : Plain rice • Salad : Plain salad • Papad :Aloo papad/ optional • Sweet : Sweet potato kheer 	<ul style="list-style-type: none"> • Main Course: White chhole • Roti : Wheat kulcha • Rice: Jeera rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional • Curd : Plain Curd 	<p>Main Course:</p> <ul style="list-style-type: none"> Paneer tikka roll Cheese cake
 Evening Snacks		<ul style="list-style-type: none"> • Short Bites : Orange juice Cream roll 	<ul style="list-style-type: none"> • Short Bites : Chana jor garam Tang 	<ul style="list-style-type: none"> • Short Bites : Roasted makhana Chocolate milk 	<ul style="list-style-type: none"> • Short Bites : Broccoli carrot soup Popcorn 	



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