

Diet Plan - JMD World School

25th - 30th September '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Bournvita milk
- Refreshment : Veg salted sevai
Steamed moong dal sprouts with lemon

- Lassi
- Refreshment : Sooji uttapam
Steamed moong dal sprouts with lemon

- Juice
- Refreshment : Idli
Sambhar

- Apple shake
- Refreshment : Moong dal chilla
Stuffed with veggies and paneer

- Bournvita milk
- Refreshment : Foccassia bread sandwich

- Bournvita milk
- Refreshment : Aloo stuffed roti
Tomato chutney

Fruit Break



- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : Papaya

- Whole Fruit : Banana

- Whole Fruit : Apple

Lunch



- Main Course : Vegetable khichadi
Plain curd

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

- Main Course: Nutrela aloo tamatar veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Kachumbar salad / plain
- Papad : Aloo papad /optional
- Curd : Plain set curd

- Main Course: Rajma, Zeera aloo
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Tomato onion salad / plain
- Papad : Moong dal papad /optional
- Curd : Plain set curd
- Sweet : Lauki kheer

- Main Course: karhai paneer
Mix veg
- Roti : Wheat roti
- Rice : Veg pulao
- Chutney: Pickle / chutney
- Salad : Tomato onion salad / plain
- Papad : Moong dal papad /optional
- Curd : Plain set curd

Main Course:
Veg pizza
Icecream

Evening Snacks



- Short Bites : Lemon cheese cak e
Glucon D

- Short Bites : Besan dhokla
Tang

- Short Bites : Saute laiya
Shikanji

- Short Bites : Banana muffin
Jaljeera water

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

