





Diet Plan - JMD World School

26th August - 31st August '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast		<ul style="list-style-type: none"> • Breakfast Badam kesar shake Dabeli Saute mix dal sprouts 	<ul style="list-style-type: none"> • Breakfast Mix fruits juice Veg macaroni (millet macaroni+ veggies) Tomato sauce Saute moong dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Chocolate milk Nutrela wrap Tomato sauce 	<ul style="list-style-type: none"> • Breakfast Mishrambu milk Besan dhokla Veg poha with peanuts and veggies 	<ul style="list-style-type: none"> • Breakfast Cold coffee Salted sevai (sooji / wheat sevai + veggies) Saute mix dal sprouts with salad and lemon
 Fruit Break		<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 - Guava 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	
 Lunch	<p>JANMASHTAMI HOLIDAY</p>	<ul style="list-style-type: none"> • Main Course: Arhar dal, Simla mirch aloo veg • Roti : Wheat Roti • Rice: Plain rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad / optional • Curd : Plain Curd 	<ul style="list-style-type: none"> • Main Course: White lobia veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Punjabi kadhi Jeera Aloo veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Green Chutney • Salad : Plain Salad • Papad :Aloo papad / optional • Sweet : Small balushahi 	<ul style="list-style-type: none"> • Main Course: Veg kabab • Roti : Wheat Paratha • Chutney : Chutney • Salad : Kachumber salad • Papad : Aloo papad / optional • Curd : Plain curd 	<p>Main Course:</p> <p>Pizza (high protein base)</p> <p>Ice Cream</p>
 Evening Snacks		<ul style="list-style-type: none"> • Short Bites : Pineapple pastry Glucon-d 	<ul style="list-style-type: none"> • Short Bites : Roasted makhana Ruhafja waterr 	<ul style="list-style-type: none"> • Short Bites : Bhutta Tang 	<ul style="list-style-type: none"> • Short Bites : Chana jor garam Mix fruits juice 	



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