

Diet Plan - JMD World School

27th January - 01st February '25



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Breakfast
Focaccia sandwich
Tahini sauce
(Till with garlic olive oil)
Saute moong dal sprouts with lemon and salad
Bournvita Milk

- Breakfast
Aloo kachori
Green dhaniya chutney
Kesar milk

- Breakfast
Dabeli
Tomato sauce
Haldi Milk

- Breakfast
Veg macroni(wheat/ Sooji macroni with veggies)
Saute moong dal sprouts with lemon and salad
Bournvita milk

- Breakfast
Hot chocolate milk
Nutrela wrap
(chopped veggies with nutrela flakes)

- Breakfast
Caramel milk
Hara bhara kabab
French fries
Kesari halwa
Tomato sauce/
green chutney

Fruit Break



- Whole Fruit - Grapes

- Whole Fruit - Banana

- Whole Fruit - Apple

- Whole Fruit - Guava

- Whole Fruit - Orange



Lunch

- Main Course: Arhar tadka dal, Mix veg (beetroot gajar matar aloo)
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

- Main Course: Matar nimona veg, Gobhi aloo veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

- Main Course: Chhola
- Roti : Wheat Kulcha
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

- Main Course: Mix dal Sem aloo veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Sweet : Peanut chikki

- Main Course: Shahi paneer
- Roti : Wheat roti
- Rice : Veg pulao
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

Main Course:
Chef 's Special

Evening Snacks



- Short Bites :
Apple pie

- Short Bites :
Laiya bhelपुरi

- Short Bites :
Lemon Tart

- Short Bites :
Green matar saute

- Short Bites :
Butter Croissant
Broccoli carrot soup

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

