

Diet Plan - JMD World School

28th - 02nd September '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Bournvita milk
- Refreshment :
Corn sandwich Steamed moong dal sprouts with lemon

- Lassi
- Refreshment :
Idli Sambhar

- Apple shake
- Refreshment :
Veg roll Steamed moong dal sprouts with lemon

- Juice
- Refreshment :
Veg cutlet
Bread butter

- Chach
- Refreshment :
Misal pav

Fruit Break



- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Gauva

- Whole Fruit : Banana



Lunch

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

- Main Course: Kale chane gravy veg, Zeera aloo
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Onion salad / plain salad
- Papad : Urad dal papad / optional
- Curd : Plain set curd

- Main Course :Red masoor dal, Bhindi veg
- Roti :Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Kachumbar salad / plain salad
- Papad : Moong dal papad / optional
- Curd : Plain set curd

Raksha Bandhan

- Main Course : Chili paneer
- Rice : Fried rice
- Salad : Onion salad / plain salad

- Main Course :
White sauce pasta
Icecream

Evening Snacks



- Short Bites :
Roohfa water
Roasted makhana

- Short Bites :
Shikanji
Strawberry tart

- Short Bites :
Tang
Bhutta

- Short Bites :
Jal jeera water
Fruit cake

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

