

Diet Plan – JMD World School

28th April – 03rd May '25



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

Breakfast

Strawberry shake
Veg poha with peanut
Mix dal sprouts with lemon

Breakfast

Masala chhach
veg roll (saute exotic
vegetable with potato)
Sauces

Breakfast

Mango shake
Salted Sewai
(rice + dal + sesame seeds
+ daliya+ vegetable)

Breakfast

Mix fruit juice
Pyaaz Paratha
Aamiya galka
Sprouts

Breakfast

Chef special

Breakfast

Caramel milk
Vada pav
Dhaniya pudina chutney

Fruit Break

Whole Fruit
Apple

Whole Fruit
Watermelon

Whole Fruit
Papaya

Whole Fruit
Banana

Whole Fruit
Melon

Lunch

Main Course:
Moong dal, Dry arbi veg

Roti : Wheat Roti

Rice : Steam Rice

Chutney: Chutney

Salad : Plain salad

Curd : Raita

Papad : Aloo papad/
optional

Main Course: Chilli
paneer

Rice : Fried rice

Chutney: Chutney

Salad : Plain salad

Papad : Aloo papad/
optional

Main Course: Dal makhani
Kaddu

Roti : Wheat roti

Rice : Jeera rice

Chutney: Pudina chutney

Salad : Plain salad

Curd : Plain curd

Papad : Aloo papad/
optional

Main Course: Veg Kofta

Roti : Wheat roti

Rice : Rice

Chutney: Chutney

Salad : Plain salad

Curd : Raita

Papad : Aloo papad/
optional

Sweet Dish: Orange pulp
kheer

Main Course: Chhola

Roti : Bhatura

Rice : Rice

Chutney: Chutney

Salad : Plain salad

Curd : Plain curd

Papad : Aloo papad/
optional

Sweet Dish: Orange pulp
kheer

Main Course:

Wheat noodles
Sauce
Butterscotch icecream

Evening Snacks

Short Bites

Khas khas
Open toast

Short Bites

Tang
Coconut wheat cookies

Short Bites

Popcorn
Roh afza water

Short Bites

Shikanji
Apple pie

Short Bites

Glucon D
Apple pie

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

