





Diet Plan - JMD World School

28th October - 02nd November '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast</p>	<ul style="list-style-type: none"> • Breakfast Elaichi milk Paneer tikka roll 	<ul style="list-style-type: none"> • Breakfast Chocos milk Veg cutlet Saute mix dal sprouts with onion and salad 				
<p>Fruit Break </p>	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Apple 				
 <p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Arhar dal, Aloo pyaj veg • Roti : Wheat Roti • Rice : Plain rice • Chutney: Chutney • Salad : Mix salad • Papad :Aloo papad / optional • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Veg kofta, • Roti : Wheat Roti • Rice: Plain rice • Chutney: Chutney • Salad : Beetroot anar salad • Papad :Aloo papad/ optional • Curd : Plain Curd 				
 <p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Dry cake Orange juice 	<ul style="list-style-type: none"> • Short Bites : Chana jor garam Tang 				

Diwali
Holiday

