

Diet Plan - JMD World School

29th January - 03rd February '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Refreshment : Veg roll (veggies with paneer)

- Refreshment : sandwich Saute mix dal sprouts with lemon

- Refreshment : Saute matar with aloo

- Refreshment : Medu vada

- Refreshment : Besan pakodi Green chutney/ tomato sauce

- Refreshment : French fries + paneer tikka

Fruit Break

- Whole Fruit : Banana

- Whole Fruit : Guava

- Whole Fruit : Apple

- Whole Fruit : Papaya

- Whole Fruit : Banana

Lunch

- Main Course: Sabut masur dal, Gobhi aloo veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Shahi paneer,
- Roti : Wheat naan
- Rice : Matar rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Rajma, Jeera aloo
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Arhar dal, Mix veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd
- Sweet : Gajar Halwa

- Main Course: Veg pulao (matar + veggies)
- Salad : Beetroot anar salad / plain salad
- Curd : Bathua raita
- Chutney : Pickle / chutney
- Papad : Aloo papad / optional

- Main Course:
- Wheat pasta boiled pasta with lots of veggies)
- Salad : Beetroot anar salad plain salad
- Pickle : Pickle / chutney
- Papad : Aloo papad / optional
- Pastry

Evening Snacks

- Short Bites : Bournvita milk Saute sweet potato

- Short Bites : Haldi milk (haldi , elaichi) Chana jor garam

- Short Bites : Kesan milk (kesar, elaichi) Banana chips

- Short Bites : Badam milk (kesar, elaichi, badam) Chocolate donuts

- Short Bites : Bournvita milk Matar patties

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

