

Diet Plan - JMD World School

29th April -04th May '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Before Sports Glucon-D
- Breakfast
Bombay sandwich
Saute mix dal sprouts with lemon
Carmel milk

- Before Sports Glucon-D
- Breakfast
Besan pyaj thepla
(50%besan +50%wheat flour)
Green mango and dhaniya pudina chutney
Sattu Chaas

- Before Sports Glucon-D
- Breakfast
Saute sooji idli with veggies
Tomato peanuts chutney
Bournvita milk

- Before Sports Glucon-D
- Breakfast
Salted sevai
Saute moong dal sprouts with lemon
Watermelon juice

- Before Sports Glucon-D
- Breakfast
Moong dal chilla with chopped veggies
Tamatar dhaniya chutney
Chocolate milk

- Before Sports Glucon-D
- Breakfast
French fries + Veg Poha
Mint Chaas

Fruit Break



- Whole Fruit - Watermelon

- Whole Fruit - Banana

- Whole Fruit - Grapes

- Whole Fruit - mix cut fruits

- Whole Fruit - Banana



Lunch

- Main Course: Masur dal, Kaddu 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: Dam 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: Moong arhar dal, Kathal dry 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: Pindi chhola, Dry aloo veg
- Roti : Wheat kulcha
- Rice : Plain rice
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Pickle : Pickle / chutney
- Curd : Plain curd
- Sweet : Shreekhand

- Main Course: Malai kofta,
- Roti : Wheat roti
- Rice : Veg pulao
- Chutney: Pickle / chutney
- Salad : plain salad / kachumber salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Wheat hot dog Icecream

Evening Snacks



- Short Bites : Chia seeds shikanji with lemon
Popcorn

- Short Bites : Khaskhas sharbat
Ragi muffins

- Short Bites : Saute laiya
Jaljeera water

- Short Bites : Aloo chips
Tang

- Short Bites : Multigrain cookies
Ruhafja water

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

