

# Diet Plan - JMD World School

29<sup>th</sup> July - 3<sup>rd</sup> September '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



• Breakfast

Ruhfja milk  
Veg paneer wrap  
( wheat roti )  
Tomato sauce

• Breakfast

Mint chhach  
Bread roll  
Tomato sauce  
Mix dal sprouts with lemon  
and salad

• Breakfast

Strawberry shake  
Grilled sandwich  
Saute moong dal sprouts  
with lemon

• Breakfast

Bournvita milk  
Veg Poha ( peanuts ,  
veggies and lemon )

• Breakfast

Sattu mint chhach  
Sooji uttapam  
Nariyal peanuts chutney  
Saute moong dal  
prouts with lemon and  
salad

• Breakfast

Coffee  
Medu vada  
Green chutney

Fruit Break



• Whole Fruit - Banana

• Whole Fruit - Apple

• Whole Fruit - Guava

• Whole Fruit - Mango

• Whole Fruit - Banana

Lunch



• Main Course: Arhar moong dal, Bhindi veg  
• Roti: Wheat roti  
• Rice: Plain rice  
• Chutney: Chutney  
• Salad : Plain salad  
• Papad :Aloo papad  
• Curd : Plain Curd

• Main Course: Kashmiri dam aloo veg  
• Roti : Tandoori roti  
• Rice: Plain rice  
• Chutney: Chutney  
• Salad : mix salad  
• Papad :Aloo papad / optional  
Curd : Plain Curd

• Main Course: Rajma rasila  
• Rice : Plain rice  
• Chutney: Chutney  
• Salad : Kachumber salad  
• Papad :Aloo papad  
• Curd : Plain curd

• Main Course: Paneer butter masala  
• Roti : Wheat roti  
• Rice: Plain rice  
• Chutney: Chutney  
• Salad : Kachumber salad  
• Papad :Aloo papad / optional  
• Curd : Plain curd  
• Sweet : Milk sevai / rice kheer

• Main Course: Mix dal, Kaddu veg  
• Roti : Wheat roti  
• Chutney : Chutney  
• Salad : Kachumber salad  
• Papad : Aloo papad / optional  
• Curd : Plain curd

Main Course:  
Thin crust pizza  
Ice Cream

Evening Snacks



• Short Bites :  
Lemon cheese cake  
Tang

• Short Bites :  
Peanuts salad  
(boiled peanuts+ salad)  
Mix fruits juice

• Short Bites :  
Pineapple tart  
Glucon - D

• Short Bites :  
Bhutta  
Mix fruit juice

• Short Bites :  
Banana chips  
Tang

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

