

Diet Plan - JMD World School

2nd - 7th October '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Lassi
- Refreshment :
Corn sandwich
Steamed moong dal
sprouts with lemon

- Strawberry shake
- Refreshment :
Vegetable poha
Steamed moong dal
sprouts with lemon

- Juice
- Refreshment :
Baked beans
Focaccia bread

- Bournvita milk
- Refreshment :
Saute sooji idli
with veggies Nariyal
chutney

- Bournvita milk
- Refreshment :
Besan chilla
Tomato sauce

Fruit Break

- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Papaya

- Whole Fruit : Plum



Lunch

Gandhi Jayanti

- Main Course: Arhar dal,
Bhindi veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Tomato salad / plain
- Papad : Moong dal papad
/ optional
- Curd : Plain set curd

- Main Course: Paneer,
Mix veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Tomato salad /
plain
- Papad : Moong dal papad
/ optional
- Curd : Plain set curd

- Main Course: Aloo tamatar
veg
- Roti : Poori
- Chutney: Pickle / chutney
- Salad : Tomato salad
/ plain
- Papad : Moong dal papad
/ optional
- Curd : Plain set curd
- Sweet : Fruit custard

- Main Course: Chana Curry
stuffed roti
- Chutney: Pickle
- Salad : Tomato salad / plain
- Papad : Aloo roasted
papad / optional
- Curd : Dahi vada /
moong dal vada

- Main Course:
- Veg burger
 - Icecream

Evening Snacks

- Short Bites :
Sev bhaji
Roohfza water

- Short Bites :
Mango muffin
Jal jeera water

- Short Bites :
Lemon tart
Glucon D

- Short Bites :
Chana zor garam
Shikanji

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

