





Diet Plan - JMD World School

26th February - 02nd March '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast</p>	<p>Refreshment :</p> <ul style="list-style-type: none"> • Ruhafja milk • Corn sandwich <p>Steamed mix sprouts with lemon</p>	<p>Refreshment :</p> <ul style="list-style-type: none"> • Bournvita milk • Salted sevai 		<p>Refreshment :</p> <ul style="list-style-type: none"> • Mishrambu milk • Dabeli 	<p>Refreshment :</p> <ul style="list-style-type: none"> • Bournvita milk • Paneer tikka roll (wheat flour) <p>Chutney / tomato sauce</p>	<p>Refreshment :</p> <ul style="list-style-type: none"> • Haldi kesar milk • Besan chilla with lots of veggies <p>French fries</p>
 <p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit : keno 	<ul style="list-style-type: none"> • Whole Fruit : Banana 				
 <p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Arhar dal, Mushroom matar veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Pickle / chutney • Salad : Beetroot anar salad / plain salad • Papad : Aloo papad / optional 	<ul style="list-style-type: none"> • Main Course: White Chhola • Roti : Wheat poori • Rice : Plain Rice • Salad : Beetroot anar salad / plain salad 	<p>HOLIDAY</p>	<ul style="list-style-type: none"> • Main Course: Moong dal Cabbage aloo veg • Roti : Wheat Roti • Rice : Plain rice • Chutney: Pickle / chutney • Salad : Beetroot anar salad / plain salad • Papad : Aloo papad / optional • Sweet : White rasgulla 	<ul style="list-style-type: none"> • Main Course: Veg tehri • Chutney: Pickle / chutney • Salad : Kachumber salad • Papad : Moong dal papad • Curd : Any raita 	<p>Main Course:</p> <ul style="list-style-type: none"> • Choco lawa • Thin crust pizza
 <p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Tang • Chana jor garam 	<ul style="list-style-type: none"> • Short Bites : Keno juice • cookies 				



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

