

# Diet Plan - JMD World School

02<sup>nd</sup> December - 07<sup>th</sup> December '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Breakfast  
Mix veg clear soup  
Besan bread  
( brown Bread + besan paste with chopped Veggies)  
Saute mix dal sprouts with lemon and salad

- Breakfast  
Bournvita milk  
Medu vada  
Saute mix dal sprouts with lemon and salad

- Breakfast  
Haldi kesar milk  
Veg macaroni  
(wheat macaroni+ veggies)

- Breakfast  
Chef special

- Breakfast  
Misale pav  
Kesar milk

- Breakfast  
Bournvita milk  
Honey chilli paneer potato  
Tomato sauce

Fruit Break



- Whole Fruit - Banana

- Whole Fruit - Apple

- Whole Fruit - Orange

- Whole Fruit - Apple

- Whole Fruit - Guava

Lunch



- Main Course: Sabut moong dal, Soya methi veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad : Papad
- Curd : Plain curd

- Main Course: Palak paneer veg
- Roti : Wheat Roti
- Rice: Jeera rice
- Chutney: Chutney
- Salad : Mix Salad
- Papad : Aloo papad/ optional
- Curd : Plain Curd

- Main Course: Panchratni dal, Patta gobhi matar veg
- Roti : Wheat Roti
- Rice: Plain rice
- Chutney: Chutney
- Salad : Mix Salad
- Papad : Aloo papad/ optional
- Curd : Plain Curd

- Main Course: Chana dal kabab
- Roti : Wheat Paratha
- Chutney: Chutney
- Salad : Plain salad
- Papad : Aloo papad/ optional
- Sweet : Pateesa burfi

- Main Course: Nutrela aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad : Aloo papad
- Curd : Plain curd

- Main Course:  
Matar aloo samosa  
Cream roll

Evening Snacks



- Short Bites :  
Elaichi milk Muffins

- Short Bites :  
Mix fruit juice  
Saute singhara

- Short Bites :  
Chocolate donut  
Tomato soup

- Short Bites :  
Nachos  
Almonds milk

- Short Bites :  
Laiya bhelpuri  
Sweet Corn Soup

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

