

Diet Plan - JMD World School

02nd September - 07th September '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



• Breakfast

Mint chhach
Mix khichdi (white til, raw wheat daliya, moong dal, nutrela flakes, raw rice , chopped veggies)

• Breakfast

Chocolate milk
Sooji idle
Nariyal chutney
Sambhar
Saute mix dal sprouts

• Breakfast

Paneer stuffed Paratha
Plain curd / chhach

• Breakfast
Bournvita milk
Veg Poha with peanuts and veggies
Saute mix dal sprouts with lemon and salad

• Breakfast
Rose Lassi
Moong dal chilla stuffed with paneer
Tomato sauce / nariyal peanuts chutney

• Breakfast
Caramel milk
Besan pakodi with onion tomato and veggies)
Tomato sauce/ green chutney
Halwa (ragi flour+ wheat flour)

Fruit Break



• Whole Fruit - Banana

• Whole Fruit - Apple

• Whole Fruit - Banana

• Whole Fruit - Apple

Lunch



• Main Course: Mix dal, Kurkuri bhindi veg
• Roti : Wheat Roti
• Rice: Plain rice
• Chutney: Chutney
• Salad : Plain salad
• Papad :Aloo papad / optional
Curd : Plain Curd

• Main Course: Nutrela aloo veg,
• Roti : Wheat Roti
• Rice: Plain rice
• Chutney: Chutney
• Salad : Plain salad
• Papad :Aloo papad / optional
Curd : Plain Curd

• Main Course: Rajma,
• Roti : Wheat roti
• Rice : Plain rice
• Chutney: Chutney
• Salad : Kachumber salad
• Papad :Aloo papad
• Curd : Plain curd

• Main Course:
Veg burger
Icecream

• Main Course: Kali masur dal, Dry arbi veg
• Roti : Wheat roti
• Chutney : Chutney
• Salad : Kachumber salad
• Papad : Aloo papad / optional
• Curd : Plain curd

Main Course:
Veg noodles (boiled wheat noodles+ chopped veggies)
Ice Cream

Evening Snacks



• Short Bites :
Boiled corn
Tang

• Short Bites :
Banana chips
Ruhafja water

• Short Bites :
Lemon tart
Mix fruits juice

• Short Bites :
Peanuts salad
Tang

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

