

Diet Plan - JMD World School

30th October - 4th November '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Bournvita milk
- Refreshment : Pav bhaji

- Veg juice (apple + beetroot + carrot) beetroot less quantity
- Refreshment : Steamed mix dal sprouts with lemon

- Mishrambhu milk
- Refreshment : Salted sevai Steamed sprouts with lemon

- Veg clear soup (mix veg)
- Refreshment : Veg paneer roll (wheat roti) Tomato sauce

- Ruhafja milk
- Refreshment : Moong dal chilla Dhaniya neebu chatney

- Mix fruits Juice
- Refreshment : Besan thepla

Fruit Break



- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : kiwi

- Whole Fruit : Papaya

- Whole Fruit : Apple

Lunch



- Main Course: Red masur dal, cabbage Aloo
- Roti : Wheat roti
- Rice : Plain Rice
- Salad : Onion tomato salad/ plain salad
- Papad : Aloo roasted papad / optional
- Curd : Plain set curd
- Chutney : Pickle / chutney

- Main Course: Gobhi mussalam, Dal
- Roti : Missi roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Cucumber salad / plain salad
- Papad : Urad dal papad/ optional
- Curd : Magori raita (curd + moong dal magauri)

- Main Course: Rajma Jeera aloo
- Roti : Wheat roti
- Rice : Jeera rice
- Chutney: Pickle / chutney
- Salad : Kachumbar salad / plain
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Veg pulao (mix veggies+ paneer + Matar)
- Chutney: Pickle / chutney
- Salad : Tomato onion salad / plain
- Papad : Moong dal papad / optional
- Curd : Raita
- Sweet : Milk sevai

- Main Course: Aloo pyaj stuffed Paratha
- Salad : Kachumbar salad / plain salad
- Curd : Plain curd
- Chutney : Pickle / chutney
- Papad : Urad dal papad / optional

- Main Course:
- Chhola-Bhatura
 - Curd : Curd
 - Salad : Cucumber salad/ plain salad
 - Pickle : Pickle/ chutney
 - Sweet : Icecream

Evening Snacks



- Short Bites : Tomato soup 4-5 pc bread croutons

- Short Bites : Bhuna chana Chocolate milk

- Short Bites : Mix fruits Juice Cookies

- Short Bites : Strawberry shake Roasted makhana

- Short Bites : Tang Besan sevai

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

