

# Diet Plan - JMD World School

30<sup>th</sup> September - 05<sup>th</sup> October '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Breakfast  
Bournvita milk  
Baked beans with toast  
Saute mix dal Sprouts with lemon and salad

- Breakfast  
Masala chhach  
Millet macaroni (chopped Veggies+ boiled macaroni)  
Saute mix dal Sprouts with lemon and salad

- Breakfast  
Butter scotch Shake  
Poha with veggies ,  
peanuts and lemon

- Breakfast  
Mix fruit Juice  
Aloo stuffed Paratha  
Peanuts chutney

Fruit Break



- Whole Fruit - Apple

- Whole Fruit - Banana

- Whole Fruit - Papaya

- Whole Fruit - Banana

Lunch



- Main Course: Masur dal, Lauki bharta
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad / optional

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

Gandhi Jayanti

- Main Course: Moong chhilka dal, Mix veg
- Roti : Wheat roti
- Rice : Jeera rice
- Chutney: Chutney
- Salad : Kachumber salad
- Papad :Aloo papad
- Sweet : Rice kheer

- Chef special

Holiday

Evening Snacks



- Short Bites : Salted makhana Tang

- Short Bites : Cornflakes bhel Shikanji

- Short Bites : Oats cookies Tang

- Short Bites :  
Chocolate pastry  
Ruhafja water

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

