

Diet Plan - JMD World School

31st - 05th August '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Bournvita Milk
- Refreshment : Steamed Veg Poha

- Mattha
- Refreshment : Cheese corn sandwich Tomato sauce

- Banana shake
- Refreshment : Sooji halwa Besan bread (shallow fry)

- Chocolate Milk Shake
- Refreshment : Veg roll

- Juice
- Refreshment : Veg upma Moong dal sprouts with lemon

- Bournvita milk
- Refreshment : Besan chilla Stuffed with veggies

Fruit Break



- Whole Fruit : Pear

- Whole Fruit : Banana

- Whole Fruit : Pear

- Whole Fruit : Banana

- Whole Fruit : Pear

- Whole Fruit : Banana



Lunch

- Main Course: Arhar dal, Kaddu veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Cucumber salad / plain salad
- Papad : Aloo papad / optional
- Curd : Dahi Vada

- Main Course :Shahi paneer Shimla mirch aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad :Onion salad / plain salad
- Papad : Moong dal papad / optional

- Main Course : Mix dal, Bhindi veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Papad : Moong dal papad / optional
- Curd : Plain Curd
- Salad : Kachubar salad / plain salad

- Main Course : Nutela matar aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Papad : Papad /optional
- Curd : Plain Set Curd
- Salad :Cucumber salad /plain salad
- Sweet : Mango phirni
- Chutney: Pickle / chutney

- Main Course : Chola, Zeera aloo
- Roti : Wheat roti
- Rice : Plain rice
- Salad :Onion salad / plain salad
- Curd : Plain set curd
- Papad :Papad /optional
- Chutney : Pickle / chutney

- Main Course : Veg burger Icecream

Evening Snacks

- Short Bites : Roohza water Roasted makhana

- Short Bites : Apple pie Glucon -D

- Short Bites : Multi grain cookies Tang

- Short Bites : Chana Zor Garam Roohza water

- Short Bites : Chips Shikanji

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

