

# Diet Plan - JMD World School

03<sup>rd</sup> February - 08<sup>th</sup> February '25

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Breakfast  
Medu vada  
Sambhar  
Nariyal chutney  
Kesar Milk

- Breakfast  
Makhana sooji uttapam (30% makhana powder + sooji)  
Green dhaniya till chutney  
Saute moong dal sprouts with lemon and salad  
Bournvita milk

Breakfast  
Haldi milk  
Moong dal chilla stuffed with paneer and veggies  
Amla chutney

- Breakfast  
Besan pyaaj thepla  
Tomato sauce/ Green chutney  
Saute moong dal sprouts with lemon and salad  
Elaichi milk

- Breakfast  
Almond Milk  
Chef special

- Breakfast  
Hot chocolate milk  
Bread rolls  
Tomato sauce/  
green chutney

Fruit Break

- Whole Fruit - Banana

- Whole Fruit - Apple

- Whole Fruit - Guava

- Whole Fruit - Orange

- Whole Fruit - Plum

Lunch

- Main Course: Masur dal Patta gobhi matar veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

- Main Course: Punjabi kadi, Jeera aloo
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

- Main Mushroom matar veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

- Main Course: Paneer do pyaja,
- Roti : Wheat roti
- Rice : Veg Pulao
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Sweet : Sooji Kheer

- Main Course: Dal Makhani, Aloo matar tamatar dry veg
- Roti : Wheat roti
- Rice : Veg pulao
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional

Main Course:  
Thin crust pizza

Evening Snacks

- Short Bites :  
Pineapple Muffins

- Short Bites :  
Banana chips

- Short Bites :  
Chocolate brownies  
Lemon coriander soup

- Short Bites :  
Chana jor garam

- Short Bites :  
Strawberry doughnuts

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