

Diet Plan - JMD World School

3rd April - 5th April '25



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast				• Breakfast Paneer stuffed paratha Saute moong dal sprouts with lemon and salad Masala chach Green dhaniya chutney	• Breakfast Bournvita milk Hummus Sandwich/ Chola kabab sandwich Green dhaniya chutney /tomato ketchup	• Breakfast Chocolate milk Dry kale chane Sooji halwa French fries Tomato ketchup
 Fruit Break				•Whole Fruit - Banana	•Whole Fruit - Apple	
 Lunch				• Main Course: Lobhiya veg • Roti : Wheat roti • Rice : Plain Rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional • Sweet : Meethi sevai	• Main Course: Kashmiri Dum aloo • Roti : Wheat roti • Rice : Jeera rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional	Main Course: Chef special
 Evening Snacks				• Short Bites : Nachos Rooh-afza milk	• Short Bites : Strawberry Tart Lemon shikanji	

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