

Diet Plan - JMD World School

4th April - 6th April '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>				<ul style="list-style-type: none"> • Before Sports Glucose Water • Breakfast Cheese corn sandwich Kesar milk Steamed mix dal sprouts with lemon 	<ul style="list-style-type: none"> • Before Sports Glucose Water • Breakfast Aloo stuffed Paratha Mint matha (mint+ matha + Bhuna masala) 	
<p>Fruit Break</p>				<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Grapes 	
<p>Lunch</p>				<ul style="list-style-type: none"> • Main Course: Kadhai Paneer • Roti : Wheat roti • Rice : Jeera rice • Chutney: Pickle / chutney • Salad : Beetroot anar salad / plain salad • Papad : Aloo papad / optional • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Moong dal Shimla mirch aloo veg • Roti : Wheat roti • Chutney: Pickle / chutney • Salad : plain salad / kachumber salad • Papad : Aloo papad / optional • Curd : Plain curd/ kheera raita 	
<p>Evening Snacks</p>				<ul style="list-style-type: none"> • Short Bites : Cookies Shikanji 	<ul style="list-style-type: none"> • Short Bites : Pastry Tang 	



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