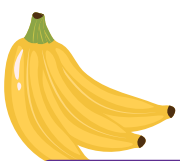


Diet Plan - JMD World School

4th July -6th July '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>				<ul style="list-style-type: none"> • Breakfast Ruhafja milk Onion veg sooji uttapam Coconut peanuts chutney 	<ul style="list-style-type: none"> • Breakfast Caramel Milk Grilled sandwich (wheat bread with veggies and butter) Tomato sauce 	<ul style="list-style-type: none"> • Breakfast Sattu mint chach Besan dhokla French fries Tomato sauce
<p>Fruit Break</p>				<ul style="list-style-type: none"> •Whole Fruit -Banana 	<ul style="list-style-type: none"> •Whole Fruit -Mango 	<ul style="list-style-type: none"> •Whole Fruit - Indian blackberry (Jamun)
<p>Lunch</p>				<ul style="list-style-type: none"> • Main Course: Paneer makhani, • Roti: wheat roti • Rice: Veg pulao • Chutney: Pickle / chutney • Salad : Plain salad • Papad :Aloo papad / optional • Curd : Plain Curd • Sweet : Mango Kheer 	<ul style="list-style-type: none"> • Main Course: Arhar dal, Mix veg jal fereji • Roti : Wheat roti • Rice : Plain rice • Salad : Mix salad • Papad : Aloo papad / optional • Pickle : Pickle / chutney • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Veg noodles (wheat noodles with lots of veggies) • Ice Cream with brownies
<p>Evening Snacks</p>				<ul style="list-style-type: none"> • Short Bites : Cookies Tang 	<ul style="list-style-type: none"> • Short Bites : Chocolate tart Juice 	

