



Diet Plan - JMD World School

04th March -09th March '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast</p>	<p>Refreshment :</p> <ul style="list-style-type: none"> • Bournvita milk • Aloo stuffed Paratha Steamed mix sprouts with lemon 	<p>Refreshment :</p> <ul style="list-style-type: none"> • Kesar ilaichi milk • Focaccia sandwich Tomato sauce 	<p>Refreshment :</p> <ul style="list-style-type: none"> • Mishrambu milk • Veg Marconi (veggies with sprouts and paneer) 	<p>Refreshment :</p> <ul style="list-style-type: none"> • Chocolate milk • Mix dal chilla Nariyal peanuts chutney 		<p>Refreshment :</p> <ul style="list-style-type: none"> • Bournvita milk • Kala chana chat (boiled chana + salad)
<p>Fruit Break</p>						
 <p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Arhar dal, Bhini veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Pickle / chutney • Salad : Beetroot anar salad / plain salad • Papad : Aloo papad / optional 	<ul style="list-style-type: none"> • Main Course:Rajma • Roti : Wheat Roti • Rice : Plain Rice • Salad : Beetroot anar salad / plain salad 	<ul style="list-style-type: none"> • Main Course: Punjabi kadhi Mix veg • Roti : Wheat Roti • Rice : Plain Rice • Curd : Plain curd • Salad : Beetroot anar salad / plain salad • Pickle : Pickle / chutney • Papad : Aloo papad / optional 	<ul style="list-style-type: none"> • Main Course: Masur dal Dry aloo veg / dry kathal veg • Roti : Wheat Roti • Rice : Plain rice • Curd : Plain curd • Chutney: Pickle / chutney • Salad : Beetroot anar salad / plain salad • Papad : Aloo papad / optional 	<h2 style="color: red;">Holiday</h2>	<p>Main Course:</p> <ul style="list-style-type: none"> • Veg noodles (lots of veggies+ wheat noodles) • Sweet : Sooji halwa
 <p>Evening Snacks</p>						

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

