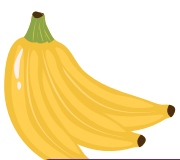


Diet Plan - JMD World School

4th November - 9th November '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<ul style="list-style-type: none"> • Breakfast Coffee Veg Salted sevai Saute Mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Almonds kesar milk Paneer sandwich Tomato sauce 	<ul style="list-style-type: none"> • Breakfast Caramel milk Sooji chilla stuffed with veggies Tomato sauce / green chutney Saute mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Elaichi milk Saute Moong dal idle Nariyal chutney/ green chutney 	<ul style="list-style-type: none"> • Breakfast Orange juice Papdi chaat 	<ul style="list-style-type: none"> • Breakfast Chocolate shake Besan pakodi Tomato chutney/ imli chutney
<p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit - Plum 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Guava 	<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	
<p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Lauki chana dal • Roti : Wheat Roti • Rice : Plain rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad / optional • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Veg kofta • Roti : Wheat Roti • Rice: Plain rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional • Curd : Plain Curd 	<ul style="list-style-type: none"> • Main Course: Chilli Paneer • Rice: Fried rice 	<ul style="list-style-type: none"> • Chief special 	<ul style="list-style-type: none"> • Main Course: Moong chhilka dal, Baigan aloo veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad 	<ul style="list-style-type: none"> Main Course: White pasta (millet/ wheat pasta) Sweet : Pastry
<p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Muffins Shikanji 	<ul style="list-style-type: none"> • Short Bites : Oats bhelpur Tang 	<ul style="list-style-type: none"> • Short Bites : Chocolate donut Mix fruit juice 	<ul style="list-style-type: none"> • Short Bites : Cream roll Ruhafja water 	<ul style="list-style-type: none"> • Short Bites : Banana chips Tang 	

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

