





Diet Plan - JMD World School

05th August - 10th August '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast</p>	<ul style="list-style-type: none"> • Breakfast Sattu mint chhach Veg macaroni (wheat / millet macaroni+ veggies) Mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Chocolate milk Steamed Idle Sambhar 	<ul style="list-style-type: none"> • Breakfast Mint chach Wheat pav Bhaji Saute moong dal sprouts with lemon 	<ul style="list-style-type: none"> • Breakfast Caramel Milk Moong dal chilla Green chutney/ imli chutney 	<ul style="list-style-type: none"> • Breakfast Sattu mint chhach Nutrela wrap (wheat roti + veggies+ nutrela flakes) Nariyal peanuts chutney/ tomato sauce 	<ul style="list-style-type: none"> • Breakfast Banana shake Boiled black chana chat
 <p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Guava 	<ul style="list-style-type: none"> • Whole Fruit - Mango 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	
 <p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Lauki chana dal, Parval aloo veg • Roti: Wheat roti • Rice: Plain rice • Chutney: Chutney • Salad : Mix Salad • Papad :Aloo papad • Curd : Plain Curd 	<ul style="list-style-type: none"> • Main Course: Rajma veg • 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: Paneer do pyaja • Rice : Jeera rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Veg tehri (rice + veggies+ nutrela/matar) • Chutney: Green Chutney • Salad : Plain Salad • Papad :Aloo papad / optional • Curd : Plain curd • Sweet : Nariyal burfi 	<ul style="list-style-type: none"> • Main Course: Arhar dal Onion taroi veg • Roti : Wheat roti • Chutney : Chutney • Salad : Kachumber salad • Papad : Aloo papad / optional • Curd : Plain curd 	<p>Main Course:</p> <p>Veg noodles (wheat noodles+ veggies)</p> <p>Ice Cream</p>
 <p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Cookies Mix fruits juice 	<ul style="list-style-type: none"> • Short Bites : Laiya bhel Tang 	<ul style="list-style-type: none"> • Short Bites : Roasted makhana Ruhafja water 	<ul style="list-style-type: none"> • Short Bites : Dry cake Mix fruit juice 	<ul style="list-style-type: none"> • Short Bites : Peanuts salad Tang 	



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