

Diet Plan – JMD World School

5th May – 10th May '25



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

Breakfast

Mattha
Paneer sandwich
Sauce

Breakfast

Elaichi milk
Saute Idli
Coriander nariyal chutney

Breakfast

Lassi
Besan chilla
Dhaiya Tomato chutney

Breakfast

Badam milk
Salted sewai
Sprouts

Breakfast

Water melon juice
Misal pav

Breakfast

Kesar milk
Dhokla
French fries
Sauce

Fruit Break

Whole Fruit
Guava

Whole Fruit
Banana

Whole Fruit
Kiwi

Whole Fruit
Papaya

Whole Fruit
Apple

Lunch

Main Course:

Chef special

Main Course: Arhar dal,
Masala taroi

Roti : Wheat roti

Rice : Steam rice

Chutney: Chutney

Salad : Beetroot anar
gajar salad

Papad : Aloo papad/
optional

Main Course: Kashmiri
dum aloo

Roti : Wheat roti

Rice : Steam rice

Chutney: Chutney

Salad : Kachumer salad

Curd : Plain curd

Papad : Aloo papad/
optional

Main Course: Matar paneer

Roti : Tandori roti

Rice : Rice

Chutney: Chutney

Salad : Kachumer salad

Papad : Aloo papad/
optional

Sweet Dish: Fruit custard

Main Course: Panchratni
dal, Baingan bharta

Roti : Tawa wheat Roti

Rice : Rice

Chutney: Chutney

Salad : Plain salad

Curd : Plain curd

Papad : Aloo papad/
optional

Main Course:

Red sauce pasta
Strawberry ice cream

Evening Snacks

Short Bites

Jal jeera
Oats cookies

Short Bites

Lemon soda
Muffins

Short Bites

Aam panna
Donut

Short Bites

Tang
Makhana roasted

Short Bites

Mattha
Cream roll

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

