

Diet Plan - JMD World School

05th - 09th September '23



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast		<ul style="list-style-type: none"> • Lassi • Refreshment : Veg poha French fries 	<ul style="list-style-type: none"> • Juice • Refreshment : Sooji halwa Bread pakodi 		<ul style="list-style-type: none"> • Bournvita milk • Refreshment : Aloo paratha 	<ul style="list-style-type: none"> • Bournvita milk • Refreshment : French fries Besan piyaz paratha
 Fruit Break		<ul style="list-style-type: none"> • Whole Fruit : Apple 	<ul style="list-style-type: none"> • Whole Fruit : Banana 		<ul style="list-style-type: none"> • Whole Fruit : Banana 	
 Lunch	<p style="color: red; text-align: center;">Leave</p>	<ul style="list-style-type: none"> • Main Course: Mix dal, Sem Aloo • Roti : Wheat roti • Rice : Plain Rice • Chutney: Pickle / chutney • Salad : Onion salad / plain salad • Papad : Moong dal papad / optional 	<ul style="list-style-type: none"> • Main Course :Matar paneer Kaddu veg • Roti : Poori • Rice : Zeera rice • Chutney: Pickle / chutney • Salad : Kachumbar salad / plain salad • Papad : Moong dal papad /optional • Curd : Plain set curd 	<p style="color: red; font-size: 1.2em;">Janmashthami</p>	<ul style="list-style-type: none"> • Main Course :Kale chane gravy veg,Mix veg • Roti : Wheat roti • Rice : Plain rice • Chutney: Pickle / chutney • Salad : Onion salad / plain salad • Papad : Moong dal papad /optional 	<ul style="list-style-type: none"> • Main Course : Veg noodles Icecream
 Evening Snacks			<ul style="list-style-type: none"> • Short Bites : Roohfza water Chana zor garam 		<ul style="list-style-type: none"> • Short Bites : Shikanji Pineapple pastry 	

