

Diet Plan - JMD World School

6th November - 11th November '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Chocolate milk
- Refreshment :
Saute sooji idli with nariyal chutney
Steamed moong dal sprouts with lemon

- Mix veg soup
- Refreshment :
Focaccia sandwich
Steamed mix dal sprouts with lemon

- Mishrambhu milk
- Refreshment :
Besan chilla
French fries

- ABC juice (apple, beetroot, carrot) beetroot less quantity
- Refreshment :
Paneer stuffed Paratha (paneer with veggies)
Tomato sauce

- Strawberry shake
- Refreshment :
Veg macroni (wheat/ sooji macroni with veggies and paneer) Saute moong dal sprouts with lemon

- Mix fruits Juice
- Refreshment :
Missal pav

Fruit Break



- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : kiwi

- Whole Fruit : Papaya

- Whole Fruit : Apple

Lunch



- Main Course: Arhar dal, Kurkuri bhindi veg
- Roti : Wheat roti
- Rice : Plain Rice
- Salad : Onion tomato salad/ plain salad
- Papad : Aloo roasted papad / optional
- Curd : Plain set curd
- Chutney : Pickle / chutney

- Main Course: Veg khichadi (dal with veggies)
- Chutney: Imli Chutney
- Salad : Kachumber salad / plain salad
- Papad : Urad dal papad/ optional
- Curd : Dahi vada

- Main Course: Chilli paneer
- Rice : Fried rice

- Main Course: Masur dal Gobhi aloo veg
- Chutney: Pickle / chutney
- Rice : Plain rice
- Roti : Wheat roti
- Salad : Tomato onion salad / plain
- Papad : Moong dal papad / optional
- Curd : Plain curd
- Sweet : Nariyal burfi

- Main Course: Chhola Jeera aloo
- Roti : Wheat Poori
- Rice: Plain rice
- Salad : Kachumbar salad / plain salad
- Curd : Plain curd
- Chutney : Pickle / chutney
- Papad : Urad dal papad / optional

- Main Course:
Papdi chaat
Ice Cream

Evening Snacks



- Short Bites :
Jaljeera water
Roasted makhana

- Short Bites :
Tang
Besan dhokla

- Short Bites :
Ruhafja water
Lemon tart

- Short Bites :
Mix fruits juice
Muffins

- Short Bites :
Soup
Banana Chips

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

