

# Diet Plan - JMD World School

6<sup>th</sup> May - 11<sup>th</sup> May '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Before Sports Glucon-D
- Breakfast Aloo stuffed Paratha Saute mix dal sprouts with lemon Mint Chaach

- Before Sports Glucon-D
- Breakfast Veg Daliya

- Before Sports Glucon-D
- Breakfast Sooji uttapam Tomato dhaniya chutney Mix fruits juice

- Before Sports Glucon-D
- Breakfast Pav bhaji Saute moong dal sprouts with lemon Bournvita milk

- Before Sports Glucon-D
- Breakfast Chana dal vada (medu vada) Coconut pudina chutney Badam kesar milk

- Veg Stuffed Sandwich Mint Coriander Chaas

Fruit Break



- Whole Fruit - Papaya

- Whole Fruit - Banana

- Whole Fruit - Grapes

- Whole Fruit - Apple

- Whole Fruit - Banana

Lunch



- Main Course: Khichadi
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Kala chana veg
- Roti : wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Mix Salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: dal makhani, Mix veg
- Roti: Lachha Paratha (wheat)
- Rice: Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain Curd

- Main Course: Punjabi kadhi Aloo bhujia
- Roti : Wheat roti
- Rice : Plain rice
- Salad : Kachumber salad / plain salad
- Papad : Aloo papad / optional
- Pickle : Pickle / chutney
- Sweet : Mango pudding

- Main Course: Chilli paneer
- Rice : Fried rice
- Chutney: Pickle / chutney
- Salad : plain salad / Mix Salad
- Papad : Aloo papad / optional

- Main Course: Pasta
- Fried Rice
- Chilli Paneer
- Chowmein
- Ice Cream

Evening Snacks



- Short Bites : Pana Bhelpuri

- Short Bites : Patties Strawberry Shake

- Short Bites : Pasty Watermelon juice

- Short Bites : Jwar cake slice Tang

- Short Bites : Banana chips Sattu Shake

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

