





Diet Plan - JMD World School

07th October - 12th October '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast</p>	<ul style="list-style-type: none"> • Breakfast Bournvita milk Vada pav Saute mix dal Sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Almonds milk Salted sevai (wheat sevai + chopped Veggies) Saute mix dal Sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Strawberry shake Papadi chaat 			
 <p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Papaya 	<ul style="list-style-type: none"> • Whole Fruit - Banana 			
 <p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Arhar dal, Mix 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: Punjabi kadhi Jeera aloo • 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: White chhole • Roti : Wheat kulcha • Rice : Jeera rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad • Sweet : Fruit Custard 	<p>Holiday</p>	<p>Dussehra</p>	<p>Holiday</p>
 <p>Evening Snacks</p>	<ul style="list-style-type: none"> • Short Bites : Boiled corn Mix fruit juice 	<ul style="list-style-type: none"> • Short Bites : Muffins Nariyal water 	<ul style="list-style-type: none"> • Short Bites : Nachos Chocolate shake 			

