

# Diet Plan - JMD World School

8<sup>th</sup> April -13<sup>th</sup> April '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Before Sports Glucon-D
- Breakfast Sprouted moong idle Peanuts chutney Bournevita milk

- Before Sports Glucon-D
- Breakfast Veg salted sevai Saute mix dal sprouts with lemon Matha

- Before Sports Glucon-D
- Breakfast Dabeli Orange pudina juice

- Before Sports Glucon-D
- Breakfast Baked beans with toast Sattu chhach

- Before Sports Glucon-D
- Breakfast Veg poha with Sandwich

Fruit Break



- Whole Fruit - Orange

- Whole Fruit - Banana

- Fruit - Watermelon

- Whole Fruit - Orange



Lunch

- Main Course: Arhar dal, Kurkuri bhindi
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Nutrela matar aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Rajma
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

Holiday

- Main Course: Lehsuni palak paneer
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : plain salad / kachumber salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Veg biryani with lots of veggies

Evening Snacks



- Short Bites : Shikanji Laiya bhelपुरi

- Short Bites : Tang Strawberry tart

- Short Bites : Juice Chana jor garam

- Short Bites : Watermelon juice Apple pie

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

