

# Diet Plan - JMD World School

09<sup>th</sup> - 14<sup>th</sup> October '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Bournvita milk
- Refreshment : Hummus sandwich (bread+ hummus)

- Banana Shake
- Refreshment : Veg daliya steamed moong dal sprouts with lemon

- Chocolate shake
- Refreshment : Veg Macaroni (with paneer and veggies)

- Strawberry Shake
- Refreshment : Paneer Paratha

- Bournvita milk
- Refreshment : Misal pav, Steamed moong dal sprouts with lemon

- Matha
- Refreshment : Besan chilla  
Tomato sauce  
French fries

Fruit Break



- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : Plum

- Whole Fruit : Papaya

- Whole Fruit : Banana

Lunch



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

- Main Course: Kadhi, Gobhi aloo veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Cucumber salad / plain salad
- Papad : Urad dal papad/ optional

- Main Course: Palak paneer
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Kachumbar salad / plain
- Papad : Moong dal papad / optional
- Curd : Plain curd

- Main Course: Mix dal lauki tamatar veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Tomato onion salad / plain
- Papad : Aloo papad / optional
- Curd : Plain set curd
- Sweet : Rice kheer

- Main Course: Manchurian,
- Rice : Fried Rice
- Salad : Kachumbar salad / plain salad

- Main Course: Spring roll (stuffed with paneer, veggies and noodles)  
Icecream

Evening Snacks



- Short Bites : Roasted makhana  
Jaljeera

- Short Bites : Apple pie  
Glucon- D

- Short Bites : Multigrain cookies  
Tang

- Short Bites : Chana jor garam  
Roohza water

- Short Bites : Banana chips  
Shikanji

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

