

Diet Plan - JMD World School

09th September - 14th September '24

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

• Breakfast

Mint chhach
Wheat Atta halwa
Misal pav

• Breakfast

Bournvita milk
Salted sevai (wheat/ sooji
sevai with lots of Veggies)
Saute mix dal sprouts with
lemon and salad

• Breakfast

Vanilla milk shake
Sooji upma with veggies
and peanuts
Saute moong dal sprouts
with lemon and salad

• Breakfast
Mix veg juice
(amla, beetroot, carrot,
tomato)
Besan pyaj thepla
Tomato sauce

• Breakfast
Pudina chhach
Sooji chilla stuffed with
veggies
Nariyal Peanuts chutney

• Breakfast
Badam kesar milk
Besan bread
Saute mix dal sprouts
with lemon and salad

Fruit Break

• Whole Fruit - Guava

• Whole Fruit - Banana

• Whole Fruit - Apple

• Whole Fruit - Guava

• Whole Fruit - Banana

Lunch

• Main Course: Arhar dal
Tinda aloo veg
• Roti : Wheat Roti
• Rice: Plain rice
• Chutney: Chutney
• Salad : Plain salad
• Papad :Aloo papad /
optional
Curd : Plain Curd

• Main Course: Paneer
lababdar
• Roti : Wheat Roti
• Rice: Jeera rice
• Chutney: Chutney
• Salad : Plain salad
• Papad :Aloo papad/
optional
Curd : Plain Curd

• Main Course: Veg tehri
• Chutney: Chutney
• Salad : Kachumber salad
• Papad :Aloo papad
• Curd : Plain curd
Sweet : Modak

• Main Course: Besan gatte
veg
• Roti : Wheat roti
• Rice : Plain rice
• Chutney: Chutney
• Salad : Kachumber salad
• Papad :Aloo papad
• Curd : Plain curd

• Main Course: Lauki Chana
Dal, Parval Aloo
• Roti : Wheat Roti
• Rice : Plain rice
• Chutney : Chutney
• Salad : Kachumber salad
Papad : Aloo papad /
optional
Curd : Plain curd

Main Course:
Paneer Manchurian
Fried Rice
SWEET
Icecream

Evening Snacks

• Short Bites :
Banana choco chip
muffins
Basil lemonade

• Short Bites :
Cornflakes bhel
Tang

• Short Bites :
Open toast (brown breads
cheese, Veggies)
Khas khas water

• Short Bites :
Peanuts salad
Caramel milk

• Short Bites :
Lemon cheese cake
Glucon- D

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