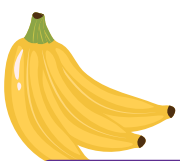


Diet Plan - JMD World School

09th December - 14th December '24



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>	<ul style="list-style-type: none"> • Breakfast Chocolate milk Focassia sandwich Tomato sauce 	<ul style="list-style-type: none"> • Breakfast Elaichi milk Paneer with mix veg stuffed Paratha Nariyal peanuts chutney / tomato chutney tomato sauce 	<ul style="list-style-type: none"> • Breakfast Caramel milk Bathua aloo stuffed Paratha Imli chutney Saute mix dal sprouts with lemon and salad 	<ul style="list-style-type: none"> • Breakfast Tomato soup Baked beans toast (wheat toast) 	<ul style="list-style-type: none"> • Breakfast Salted sevai (wheat sevai with lots of veggies) Kesar milk 	<ul style="list-style-type: none"> • Breakfast Bournvita milk Poha, aloo and veg mix cutlet Tomato sauce/ green chutney
<p>Fruit Break</p>	<ul style="list-style-type: none"> • Whole Fruit - Apple 	<ul style="list-style-type: none"> • Whole Fruit - Plum 	<ul style="list-style-type: none"> • Whole Fruit - Banana 	<ul style="list-style-type: none"> • Whole Fruit - Orange 	<ul style="list-style-type: none"> • Whole Fruit - Apple 	
<p>Lunch</p>	<ul style="list-style-type: none"> • Main Course: Arhar tadka dal, Mix veg • Roti : Wheat Roti • Rice : Plain rice • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo Papad • Curd : Plain curd 	<ul style="list-style-type: none"> • Main Course: Matar paneer pulao • Chutney: Chutney • Salad : Kachumber salad • Papad :Aloo papad • Curd : kheera Raita 	<p>Chef special</p>	<ul style="list-style-type: none"> • Main Course: Aloo jhol veg • Roti : Green matar kachauri • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional • Sweet :Gajar halwa 	<ul style="list-style-type: none"> • Main Course: Malai kofta • Roti : Wheat Roti • Rice: Plain rice • Chutney: Chutney • Salad : Mix Salad • Papad :Aloo papad/ optional • Curd : Plain Curd 	<p>Main Course: Veggie Burger Black rasgulla</p>
<p>Evening Snacks</p>						

