

# Diet Plan - JMD World School

11<sup>th</sup> December - 16<sup>th</sup> December '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Hot chocolate milk
- Refreshment : Aloo stuffed Paratha Imlı chutney/ tomato chutney

- Tomato soup
- Refreshment : Palak corn sandwich (grilled) Gajar halwa

- Bournvita milk
- Refreshment : Sooji idle Sambhar

- Haldi milk
- Refreshment : Paneer stuffed Paratha Tomato chutney

- Liquid Hot milk (Badam, ilaichi, kesar, milk)
- Refreshment : Veg Marconi (lot of veggies) Steamed moong dal sprouts with lemon

- Bournvita Vita milk
- Refreshment : Moong dal chilla Nariyal peanuts chutney

Fruit Break



- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Papaya

- Whole Fruit : Apple

- Whole Fruit : Papaya

Lunch



- Main Course: Mix dal Gajar, matar, beetroot mix veg
- Roti : Wheat roti
- Rice : Plain Rice
- Salad : Cucumber salad / plain salad
- Papad : Moong dal papad / optional
- Curd : Plain set curd
- Chutney : Pickle / chutney

- Main Course: Dry aloo
- Roti : White chhole, Wheat kulcha
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Palak paneer veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Kachumbar salad / plain
- Papad : Fryms/ optional
- Curd : Plain curd

- Main Course: Arhar dal Sem aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Fruit salad / plain salad
- Papad : Urad dal papad / optional
- Curd : Plain curd

- Main Course: Green matar kachauri
- Aloo matar jhol veg
- Salad : Tomato onion salad / plain salad
- Curd : Plain curd
- Chutney : Pickle / chutney
- Papad : Moong dal papad / optional

- Main Course:
- Spring roll (wheat roll)
- Donut

Evening Snacks



- Short Bites : Tomato Soup Salted peanuts

- Short Bites : Tang Pastry

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

