

# Diet Plan - JMD World School

18<sup>th</sup> December - 23<sup>rd</sup> December '23

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

- Haldi milk ( haldi,kesar, elaichi)
- Refreshment : Veg poha Sprouts bhel

- Hot Chocolate milk
- Refreshment : Paneer veg wrap

- Tomato soup
- Refreshment : Besan bread Steamed mix dal sprouts with lemon

- Badam ilaichi kesar milk
- Refreshment : Green veg stuffed Paratha Tomato dhaniya chutney

- Bournvita milk
- Refreshment : Pav bhaji Steamed moong dal sprouts with lemon

- Chocolate milk
- Refreshment : Besan chilla Nariyal peanuts chutney Frech fries

- Tomato soup
- Refreshment : Idli, sambhar, chutney

Fruit Break

- Whole Fruit : Papaya

- Whole Fruit :Banana

- Whole Fruit : Apple

- Whole Fruit :Grapes

- Whole Fruit : Guava

Lunch

- Main Course: Arhar dal ,Patta gobhi aloo veg
- Roti : Wheat roti
- Rice : Plain Rice
- Salad : Cucumber salad / plain salad
- Papad : Moong dal papad / optional
- Curd : Bathua raita
- Chutney : Pickle / chutney

- Main Course: Punjabi kadhi, Mix 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 Jeera aloo
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Kachumbar salad / plain
- Papad : Fryms/ optional
- Curd : Plain curd

- Main Course: dal makhani Gobhi aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Fruit salad / plain salad
- Papad : Urad dal papad / optional
- Curd : Plain curd
- Sweet: Sooji kheer

- Main Course: Bathua pooree ,Aloo jhol veg
- Rice ; Plain rice
- Salad : Tomato onion salad / plain salad
- Curd : Plain curd
- Chutney : Pickle / chutney
- Papad : Moong dal papad / optional

Evening Snacks

- Short Bites : Sweet corn

- Short Bites : Chocolate donut

- Short Bites : Bread croutons

- Short Bites : Pastry

- Short Bites : Matar saute

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