





# Diet Plan - JMD World School

25<sup>th</sup> December - 30<sup>th</sup> December '23



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	<ul style="list-style-type: none"> <li>Hot milk with kesar , badam , elaichi</li> <li>Refreshment : Bathua pooree / wheat pooree Dry aloo</li> </ul>		<ul style="list-style-type: none"> <li>Hot Chocolate milk</li> <li>Refreshment : Paneer stuffed Paratha Tomato chatni/ tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>Bournvita milk</li> <li>Refreshment : Veg roll ( wheat roti) Saute mix dal sprouts with lemon</li> </ul>	<ul style="list-style-type: none"> <li>Haldi elaichi milk</li> <li>Refreshment : Misal pav</li> </ul>	<ul style="list-style-type: none"> <li>Hot Chocolate milk</li> <li>Refreshment : Moong dal chilla stuffed with paneer Nariyal peanuts chutney / imli chutney</li> </ul>
 Fruit Break	<ul style="list-style-type: none"> <li>Whole Fruit : Banana</li> </ul>		<ul style="list-style-type: none"> <li>Whole Fruit : Apple</li> </ul>	<ul style="list-style-type: none"> <li>Whole Fruit :Guava</li> </ul>	<ul style="list-style-type: none"> <li>Whole Fruit : Banana</li> </ul>	
 Lunch	<ul style="list-style-type: none"> <li>Cheese corn sandwich</li> <li>Paneer, veg mix patties</li> <li>Christmas cake</li> <li>Juice</li> <li>Toffee</li> </ul>	<b>HOLIDAY</b>	<ul style="list-style-type: none"> <li>Main Course: Aarhar dal, Gajar, beetroot ,aloo,matar veg</li> <li>Roti : Wheat roti</li> <li>Rice : Plain rice</li> <li>Chutney: Pickle / chutney</li> <li>Salad : Kachumbar salad / plain</li> <li>Papad : Fryms/ optional</li> <li>Curd : Plain curd</li> </ul>	<ul style="list-style-type: none"> <li>Main Course: Bathua / palak saag,Cabbage aloo veg</li> <li>Roti : Makka roti</li> <li>Rice : Plain rice</li> <li>Chutney: Pickle / chutney</li> <li>Salad : Fruit salad / plain salad</li> <li>Papad : Urad dal papad / optional</li> <li>Curd : Plain curd</li> <li>Sweet: Gajar halwa</li> </ul>	<ul style="list-style-type: none"> <li>Main Course : Rajma, Sem Aloo veg</li> <li>Roti : Wheat roti</li> <li>Rice ; Plain rice</li> <li>Salad : Tomato onion salad / plain salad</li> <li>Curd : Plain curd</li> <li>Chutney : Pickle / chutney</li> <li>Papad : Moong dal papad / optional</li> </ul>	<p>Main Course:</p> <ul style="list-style-type: none"> <li>Veg noodles (wheat noodles with lots of veggies) Pastry</li> </ul>
 Evening Snacks			<ul style="list-style-type: none"> <li>Short Bites : Lemon corianderb soup Bread butter</li> </ul>	<ul style="list-style-type: none"> <li>Short Bites : Saute Green Matar</li> </ul>	<ul style="list-style-type: none"> <li>Short Bites : Cream roll</li> </ul>	

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

