

Diet Plan - JMD World School

04th December - 9th December '23

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Bournvita milk
- Refreshment : Green matar stuffed Paratha Tomato chatni

- Caramel milk
- Refreshment : Veg poha Steamed mix dal sprouts with lemon, Sooji halwa

- Hot chocolate milk
- Refreshment : Besan pyaj thepla Nariyal peanuts mix chutney

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

- Hot milk (Badam ,ilaichi , kesar, milk)
- Refreshment : Veg roll (wheat roti+ veggies)

- Bournvita milk
- Refreshment : Salted sevai

Fruit Break

- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : Papaya

- Whole Fruit : Kiwi

- Whole Fruit : Banana

Lunch

- Main Course: Arhar dal, Soya methi 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: Palak paneer 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, Gajar matar veg
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Kachubar salad / plain
- Papad : Fryms/ optional
- Curd : Boondi raita

- Main Course: Mix dal, Patta gobhi aloo veg
- Roti : Wheat roti / bajra roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Fruit salad / plain salad
- Papad : Urad dal papad / optional
- Curd : Plain curd
- Sweet : Moong dal halwa

- Main Course: Chana dal kabab
- Roti : Wheat roti
- Salad : Tomato onion salad / plain salad
- Curd : Plain curd
- Chutney : Pickle / chutney
- Papad : Moong dal papad / optional

- Main Course:
- Veg noodles (wheat noodles+ veggies)
 - Black rasgulla

Evening Snacks

- Short Bites : Tomato soup Tart

- Short Bites : Tang Cream roll

- Short Bites : Lemon coriander soup Muffins

- Short Bites : Bournvita milk Chips

- Short Bites : Orange juice Chocolate donut

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