

Diet Plan - JMD World School

12th February - 17th February '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Refreshment : Caramel milk Bread roll

- Refreshment : Milk chocos Ragda patties

- Refreshment : Bournvita milk Paneer stuffed Paratha Kesariya halwa (sooji + kesar)

- Refreshment : Kesar badam milk, Veg Marconi with lots of veggies Saute mix dal sprouts

- Refreshment : Haldi elaichi milk Aloo stuffed Paratha Saute moong dal sprouts

- Refreshment : Bournvita milk Sooji idle Sambhar

Fruit Break

- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : Papaya

- Whole Fruit : Keenu

Lunch

- Main Course: Punjabi Kadhi, Masala aloo 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: Shahi paneer veg, Mix veg
- Roti : Wheat roti
- Rice : Veg pulao
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Masur dal, Gobhi aloo veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Sweet : Gajar halwa
- Curd : Plain curd

- Main Course: Chilli paneer,
- Rice : Fried rice
- Sweet : Gajar halwa

Main Course:
Veg burger
French fries

Evening Snacks

- Short Bites : Veg clear soup Popcorn

- Short Bites : Pineapple pastry

- Short Bites : Tang Chana jor garm

- Short Bites : Ruhafja water Green Matar saute

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

