

Diet Plan - JMD World School

19th February - 24th February '24



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Refreshment :
- Bournvita milk
- Burger stuffed with paneer and veggies

- Refreshment :
- Mishrambu milk
- Veg cutlet

- Refreshment :
- Bournvita milk
- Salted sevai (wheat sevai+ lots of chopped green veggies)
- Saute mix dal sprouts with lemon

- Refreshment :
- Milk choccos,
- Vada pav

- Refreshment :
- Ruhafja milk
- Sooji chilla stuffed with paneer and veggies
- Steamed mix sprouts with lemon

Fruit Break

- Whole Fruit : Black Grapes

- Whole Fruit : Banana

- Whole Fruit : Kinu

- Whole Fruit : Papaya

- Whole Fruit : Apple

Lunch

- Main Course: Arhar dal, Aloo gajar matar 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: Uttapam ,Sambhar
- Chutney: Nariyal chutney
- Salad : Beetroot anar salad / plain salad

- Main Course: Rajma Jeera aloo
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Curd : Plain curd

- Main Course: Mushroom matar veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Beetroot anar salad / plain salad
- Papad : Aloo papad / optional
- Sweet : Rice Kheer
- Curd : Plain curd

- Main Course: Boondi kadhi Masala aloo veg
- Roti : Wheat Roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Salad : Kachumber salad
- Papad : Moong dal papad

Holiday

Evening Snacks

- Short Bites : Tang Bhelpuri

- Short Bites : Strawberry tart
- Ruhafja water

- Short Bites : Mix juice
- Saute sweet potato

- Short Bites : Tomato soup
- Pop Corn

- Short Bites : Ruhafja water
- Dryfruits cake

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

