

# Diet Plan - JMD World School

21<sup>st</sup> - 26<sup>th</sup> August '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Bournvita milk
- Refreshment :  
Pizza bread  
Steamed moong dal sprouts with lemon

- Lassi
- Refreshment :  
Veg salted sevai  
Steamed moong dal sprouts with lemon

- Banana shake
- Refreshment :  
Pav bhaji

- Strawberry shake
- Refreshment :  
Veg Macaroni

- Juice
- Refreshment :  
Veg poha

- Bournvita milk
- Refreshment :  
Besan chilla  
Tomato sauce

Fruit Break

- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Gauva

- Whole Fruit : Apple

- Whole Fruit : Banana



Lunch

- Main Course: Arhar dal, Kurkuri bhindi
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Kachumbar salad / plain salad
- Papad : Moong dal papad / optional
- Curd : Plain set curd

- Main Course: Shahi Paneer,
- Roti : Wheat Nan
- Rice : Veg pulao
- Chutney: Pickle / chutney
- Salad : Onion salad / plain salad
- Papad : Urad dal papad / optional
- Curd : Pudina raita

- Main Course :Rongi (chota rajma), Baingan aloo
- Roti : Roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Onion salad / plain salad
- Papad : Moong dal papad / optional

- Main Course : Moong dal nutrela aloo tamatar veg
- Rice : Plain rice
- Roti : Wheat roti
- Papad : Moong dal papad / optional
- Curd : Plain Set Curd
- Salad : Kachumbar salad / plain salad
- Chutney: Pickle / chutney
- Sweet : Fruit custard

- Main Course : Sambhar
- Roti : Dosa
- Chutney : Nariyal chutney

- Main Course :  
Veg burger  
Icecream

Evening Snacks

- Short Bites :  
Shikanji  
Fresh roasted bhutta

- Short Bites :  
Jal jeera water  
Chocolate tart

- Short Bites :  
Roohfza water  
Chana zor garam

- Short Bites :  
Tang  
Pineapple cake

- Short Bites :  
Glucon D  
Bhelpuri

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

