

Diet Plan - JMD World School

07th - 12th August '23

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Mattha
- Refreshment : Veg poha Moong sprouts with lemon

- Cold coffee
- Refreshment : Focassia bread Veg sandwich

- Strawberry shake
- Refreshment : Veg salted sevai

- Bournvita milk
- Refreshment : Moong dal chilla Stuffed Paneer, Tomato chutney

- Juice
- Refreshment : Veg Cutlet Bread

- Bournvita milk
- Refreshment : Saute sooji idli Nariyal chutney

Fruit Break

- Whole Fruit : Pear

- Whole Fruit : Banana

- Whole Fruit : Pear

- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Apple



Lunch

- Main Course: Arhar dal, Bhindi veg
- Roti : Wheat roti
- Rice : Plain Rice
- Salad : Cucumber salad / plain salad
- Papad : Aloo papad / optional

- Main Course :Rajma, Parval aloo
- Roti : Wheat roti
- Rice : Plain rice
- Salad :Onion salad / plain salad
- Papad : Moong dal papad / optional
- Curd : Plain set curd

- Main Course : Sprouted curry, Mix Veg
- Roti : Wheat roti
- Rice : Plain rice
- Papad : Aloo papad / optional
- Salad : Tomato salad / plain salad
- Curd : Plain Set curd

- Main Course : Dum aloo,
- Roti : Wheat roti
- Rice : Plain rice
- Papad : Moong dal papad / optional
- Curd : Cucumber raita
- Salad : Tomato salad / plain salad
- Sweet : White rasgulla

- Main Course : Mix dal, Lauki veg/ Shimla mirch aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Salad : Kachumbar salad / plain salad
- Curd : Plain set curd
- Papad : Moong dal papad / optional

- Main Course : Veg pasta Icecream



Evening Snacks

- Short Bites : Tang Chocolate donut

- Short Bites : Rooh fza water Fresh roasted bhutta

- Short Bites : Jaljeera water Roasted choora

- Short Bites : Sattu drink Popcorn

- Short Bites : Shikanji Bhelpuri

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