

Diet Plan - JMD World School

14th - 19th August '23



| Meal/Day of the week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|---|--------------------------------|--|---|--|--|
| <p>Breakfast</p> | <ul style="list-style-type: none"> Bournvita milk Refreshment : Corn sandwich Steamed moong dal sprouts with lemon | | <ul style="list-style-type: none"> Chocolate shake Refreshment : Ragda patties Steamed moong dal sprouts with lemon | <ul style="list-style-type: none"> Banana Shake Refreshment : Paneer sandwich (Stuffed with paneer and veggies) | <ul style="list-style-type: none"> Juice Refreshment : Veg daliya khichadi | <ul style="list-style-type: none"> Bournvita milk Refreshment : Boiled kala chana chat Sooji halwa |
| <p>Fruit Break</p> | <ul style="list-style-type: none"> Whole Fruit : Apple | | <ul style="list-style-type: none"> Whole Fruit : Banana | <ul style="list-style-type: none"> Whole Fruit : Guava | <ul style="list-style-type: none"> Whole Fruit : Banana | |
| <p>Lunch</p> | <ul style="list-style-type: none"> Main Course: Arhar dal, Mix veg Roti : Wheat roti Rice : Plain Rice Chutney: Pickle / chutney Salad : Cucumber salad / plain salad Papad : Moong dal papad / optional Curd : Plain set curd | <p>INDEPENDENCE DAY</p> | <ul style="list-style-type: none"> Main Course :Chana dal kabab Roti : Paratha Chutney: Pickle / chutney Salad :Onion salad / plain salad Papad : papad / optional Curd : Pudina raita | <ul style="list-style-type: none"> Main Course : Aloo tamatar matar veg Rice : Plain rice Roti : Wheat roti Papad : Urad dal papad / optional Curd : Plain Set Curd Salad : Cucumber salad / plain salad Chutney: Pickle / chutney Sweet : Rice kheer | <ul style="list-style-type: none"> Main Course : Malai kofta Roti : Laccha paratha Rice : Veg pulao Salad : Kachumbar salad /plain salad Curd : Plain set curd Papad : Aloo papad / optional Chutney : Pickle / chutney | <ul style="list-style-type: none"> Main Course : Veg noodles Icecream |
| <p>Evening Snacks</p> | <ul style="list-style-type: none"> Short Bites : Tang Roasted makhana | | <ul style="list-style-type: none"> Short Bites : Glucon d Chocolate tart | <ul style="list-style-type: none"> Short Bites : Roothza water Boiled corns chat | <ul style="list-style-type: none"> Short Bites : Water balls Pineapple pastry | |

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

