

Diet Plan - JMD World School

17th - 22th July '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Breakfast

- Bournvita Milk
- Refreshment : Veg cutlet Bread butter

- Mattha
- Refreshment : Veg salted sevai Steamed moong dal sprouts

- Banana shake
- Refreshment : Veg sandwich Sauce

- Mattha
- Refreshment : Aloo stuffed paratha

- Juice
- Refreshment : Oats sooji mix chilla with veggies

- Bournvita milk
- Refreshment : Misal pav

Fruit Break



- Whole Fruit : banana

- Whole Fruit : Mango

- Whole Fruit : Pear

- Whole Fruit : Banana

- Whole Fruit : Apple



Lunch

- Main Course: Arhar dal, Bhindi veg
- Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Pickle / chutney
- Salad : Cucumber salad / plain salad
- Papad : Urad dal papad / optional
- Curd : Plain set curd

- Main Course :Chana dal stuffed paratha,Aloo tamatar jhol veg
- Chutney: Pickle / chutney
- Salad : Tomato onion salad / plain salad
- Papad : Moong dal papad / optiona
- Curd : Boondi raita

- Main Course : Rajma, Zeera aloo
- Roti : Wheat roti
- Rice : Plain rice
- Chutney: Pickle / chutney
- Papad : Fryums / optional
- Curd : Plain Curd
- Salad : Tomato onion salad / plain salad salad

- Main Course : Matar paneer,Mix veg
- Roti : Wheat roti
- Rice : Zeera rice
- Chutney: Pickle / chutney
- Papad : Moong dal papad / optional
- Curd : Plain Curd
- Salad : Kachumber salad / plain salad
- Sweet : Aamras

- Main Course : Tamater aloo veg
- Roti : Poori
- Salad : Onion salad / plain salad
- Curd : Boondi raita
- Papad : Papad / optional
- Chutney : Mint chutney / pickle

- Main Course : Pizza Icecream

Evening Snacks

- Short Bites : Roohfza water Cookies

- Short Bites : Cookies Khus khus shorbot

- Short Bites : Tang Cookies

- Short Bites : Glucon D Cookies

- Short Bites : Roohfza water Cookies

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

