



Diet Plan - JMD World School

22th - 27th May '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Dahi
- Refreshment : Aloo paratha

- Mango shake
- Refreshment : Stuffed aloo sandwich

- Cold coffee
- Refreshment : Pasta & fries

- Bournvita milk
- Refreshment : Salted sevai

- Milk, Juice
- Refreshment : Veg burger, Moong dal sprouts with lemon, Banana

- Cold coffee
- Refreshment : Veg noodles

Fruit Break

- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : Banana

Lunch

- Main Course : Any dal, Beans aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Salad : Plain salad
- Sweet : Rice kheer pudding

- Main Course : Rajma, Zeera aloo veg
- Roti : Wheat Roti
- Curd : Plain set curd / boondi raita
- Salad : plain salad
- Rice : Plain Rice
- Sweet : Boondi laddoo

- Eat Out

Evening Snacks

- Short Bites : Mix fruit juice Aloo Patties

- Short Bites : Cream roll

Dinner

- Main Course : Shahi paneer, Mix veg
- Roti : Laccha paratha
- Sweet : White rasgulla

- Main Course : Manchurian
- Sweet : Ice cream
- Rice : Fried rice

Late Night

- Late Night : Chocolate cookies

- Late Night : Fruit cake

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

