

# Diet Plan - JMD World School

8<sup>th</sup> - 13<sup>th</sup> May '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Bournvita Milk
- Refreshment :  
▲ Besan piyaz paratha  
▲ Raw mango chutney

- Mattha
- Refreshment :  
Moong dal chilla  
Tomato chutney  
Muskmelon

- Mango shake
- Refreshment :  
Saute idli with  
veggies Nariyal  
chutney

- Bournvita milk
- Refreshment :  
Vegetable sandwich  
Tomato sauce Mix dal  
sprouts with lemon

- Bournvita milk
- Refreshment :  
Besan chilla  
Tomato Chutney  
Watermelon

Fruit Break

- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : kiwi

- Whole Fruit : Banana

- Whole Fruit : Apple

Lunch

- Main Course: Arhar Dal, Bhindi veg
- Roti : Wheat Roti
- Chutney: Pickle
- Salad : Tomato onion salad / plain salad
- Rice : Plain rice
- Papad : Moong dal papad
- Curd : Cucumber raita

- Main Course :Lauki kofta, Zeera aloo
- Roti : Wheat Roti
- Rice : Plain Rice
- Chutney: Pudina chutney
- Salad : Kachumber salad / plain salad
- Papad : Roasted urad dal papad
- Curd : Plain set curd
- Sweet : Sooji kheer

- Main Course : Chana dal stuffed paratha, aloo tamatar veg
- Chutney: Pickle
- Papad : Roasted aloo papad
- Curd : Plain Curd
- Salad : Beetroot anar salad

Holiday

- Main Course : Chola
- Roti : Bathura
- Curd : Plain set curd
- Salad : Onion salad / plain salad
- Rice : Plain Rice
- Papad : Roasted moong dalpapad
- Chutney: Pickle

- Main Course :  
Maggie  
Icecream

Evening Snacks

- Short Bites :  
Tang  
Chocolate donut

- Short Bites :  
Khus khus shorbot  
Strawberry tart

- Short Bites :  
Roohfza water  
Cookies

- Short Bites :  
Juice  
Chips

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

