

Diet Plan - JMD World School

3rd - 8th July '23

Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Bournvita milk
- Refreshment :
 - Saute idle with veggies
 - Chutney

- Mattha
- Refreshment :
 - Cheese corn sandwich
 - Tomato sauce

- Apple shake
- Refreshment :
 - Veg poha
 - Steamed moong dal sprouts with lemon

- Mattha
- Refreshment :
 - Besan chilla

- Juice
- Refreshment :
 - Veg salted sevai
 - Steamed moong dal sprouts with lemon

- Bournvita Milk
- Refreshment :
 - Besan piyaz paratha

Fruit Break

- Whole Fruit : Banana

- Whole Fruit : Apple

- Whole Fruit : Pear

- Whole Fruit : Apple

- Whole Fruit : Banana

- Whole Fruit : Apple

Lunch

- Main Course : Arhar dal, Shimla mirch aloo veg
- Roti : Wheat Roti
- Chutney: Pickle
- Salad : Tomato onion / plain salad
- Rice : Plain rice
- Papad : Roasted aloo papad / optional
- Curd : Plain set curd

- Main Course : Rajma, Mix 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 : Mix dal, Bhindi veg
- Roti : Wheat Roti
- Curd : Plain set curd
- Chutney: Pickle / chutney
- Salad : Kachumber salad / plain salad
- Rice : Plain rice
- Papad : Fryums / optional

- Main Course : Aloo veg
- Roti : Poori
- Curd : Pudina raita
- Chutney: Pickle / chutney
- Salad : Tomato onion salad / plain salad
- Papad : Moong dal papad / optional
- Sweet - Fruit custard

- Main Course : Chili Paneer
- Chutney: Peanuts chutney
- Salad : Kachumber salad / plain salad
- Rice : Fried rice
- Papad : Papad / optional

- Main Course : Spring roll
(Stuffed with paneer, veggies, and noodles)
- Icecream

Evening Snacks

- Short Bites : Rootha water, Mango muffins

- Short Bites : Glucon D, Bheh Puri

- Short Bites : Tang, Pop corn

- Short Bites : Pana, Multi Grain cookies

- Short Bites : Chocolate milk, Apple pie

Half-day

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