Diet Plan - JMD World School
17th - 22th April '23

Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	• Bournvita Milk • Refreshment : Vegetable salted sevai	• Mattha • Refreshment : Paneer stuffed paratha Boiled Chana Chat	• Shake : Banana Shake • Refreshment : Pav + bhaji	• Mattha • Refreshment : Sprouts Thepla	• Juice • Refreshment : Veg Stuffed Paratha	• Cold Coffee • Refreshment : Veg Upma
Fruit	• Whole Fruit : Apple	• Whole Fruit : Banana	• Whole Fruit : Kiwi	• Whole Fruit : Grapes	• Whole Fruit : Banana	• Whole Fruit : Pear
Lunch	• Main Course : Moong Arhar dal, Capsicum aloo veg • Roti : Wheat Roti • Chutney: Pudina ginger chutney • Curd : Cucumber raita • Salad : Beetroot carrot salad • Rice : Zeera rice • Papad : Moong Dal Papad	• Main Course : Pakodi kadi, Baigan Aloo • Roti : Wheat Roti • Rice • Chutney: Pickel • Salad : Kachumber Salad • Papad : Aloo papad • Sweet - Pudding	• Main Course : Matar paneer, Kaddu Veg • Roti : Wheat Roti • Curd : Boondi Raita • Chutney: Tomato chutney • Salad : Sweet Corn Salad • Rice : Veg Pulao	• Main Course : Mix dal, Bhindi Veg • Roti : Wheat Roti • Curd : Cucumber raita • Chutney: Pudina Chutney, Pickel • Salad : Cucumber beetroot salad • Rice : Zeera rice • Papad : Fryms	• Main Course : Rajma/chola Mix veg • Roti : Wheat Roti • Curd : Plian • Chutney: Tomato Chutney • Salad : Kachumber salad • Rice : Plain Rice • Papad : Aloo papad	• Main Course : Veg Pasta
Evening Snacks	• Short Bites : Rooh-afza water, Muffin	• Short Bites : Glucon-D, Chips	• Short Bites : Tang, Tart	• Short Bites : Pana, Pastry	• Short Bites : Bournvita Milk, Cream Roll	• Icecream

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