



Diet Plan - JMD World School

10th March - 15th March '25



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

- Breakfast
Makhana sooji uttapam
Nariyal chutney
Kesar Milk

No Exam

- Breakfast
Thandai Milk
Gujya
Chips
Bread rolls
Green dhaniya chutney

No Exam

No Exam

No Exam

Fruit Break

- Whole Fruit - Apple

No Exam

- Whole Fruit - Banana

No Exam

No Exam

No Exam

Lunch

- Main Course: Arhar dal with lehsun tadka
Kurkuri bhindi
Roti : Wheat roti
- Rice : Plain Rice
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Curd : Curd

No Exam

- Main Course : Kadhai paneer
- Roti : Laccha paratha
- Rice : Veg pulao
- Chutney: Chutney
- Salad : Plain salad
- Papad :Aloo papad/ optional
- Curd : Fruit Raita

No Exam

Holi Holiday

Holi Holiday

Evening Snacks

No Exam

No Exam

No Exam

No Exam

No Exam

No Exam



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

