





Diet Plan - JMD World School

13th November - 18th November '23



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast</p>				<ul style="list-style-type: none"> Bournvita milk Veg poha Steamed moong dal sprouts with lemon 	<ul style="list-style-type: none"> Mix fruits juice Refreshment : Pav Bhaji 	<ul style="list-style-type: none"> Tomato Soup / mix veg soup Refreshment : Besan thepla Green chutney/ tomato sauce
 <p>Fruit Break</p>				<ul style="list-style-type: none"> Whole Fruit : Apple 	<ul style="list-style-type: none"> Whole Fruit : Banana 	
 <p>Lunch</p>	<h1>DIWALI</h1>			<ul style="list-style-type: none"> Main Course: Arhar dal, Gobhi aloo veg Chutney: Pickle / chutney Rice : Plain rice Roti : Wheat roti Salad : Tomato onion salad / plain Papad : Moong dal papad / optional Curd : Plain curd Sweet : 1 pc patisa (besan burfi) 	<ul style="list-style-type: none"> Main Course: Mushroom matar veg, Mix veg Roti : Wheat Roti Rice: Plain rice Salad : Kachumbar salad / plain salad Curd : Plain curd Chutney : Pickle / chutney Papad : Urad dal papad / optional 	<p>Main Course:</p> <ul style="list-style-type: none"> Lunch: Spring roll (Chinese veg+ wheat roll) Icecream
 <p>Evening Snacks</p>				<ul style="list-style-type: none"> Short Bites : Tang Multigrain cookies 	<ul style="list-style-type: none"> Short Bites : Chocolate milk Banana Chips 	



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

