

Diet Plan - JMD World School

20th November - 25th November '23



Meal/Day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast



- Bournvita milk
- Refreshment : Veg cutlet with brown bread
Steamed moong dal sprouts with lemon

- Abc juice
(apple, beetroot, carrot) beetroot less quantity
- Refreshment : Salted sevai
Steamed mix dal sprouts with lemon

- Chocolate milk
- Refreshment : Poha with peanuts and lots of veggies

- Fruit juice
- Refreshment : Paneer veg roll

- Mishrambu shake
- Refreshment : Moong dal chilla stuffed with veggies

- Hummus sandwich (multigrain bread)
- Refreshment : Steamed moong dal sprouts with lemon

Fruit Break



- Whole Fruit : Guava

- Whole Fruit : Banana

- Whole Fruit : kiwi

- Whole Fruit : Papaya

- Whole Fruit : Apple

Lunch



- Main Course: Moong Palak dal, Mix veg (Gajar, beetroot, matar, aloo)
- Roti : Wheat roti
- Rice : Plain Rice
- Salad : Onion tomato salad/ plain salad
- Papad : Aloo roasted papad / optional
- Curd : Plain set curd
- Chutney : Pickle / chutney

- Main Course: Besan kadhi Gobhi aloo veg
- Roti : Wheat roti
- Rice : Plain rice
- Salad : Kachumber salad / plain salad
- Papad : Urad dal papad/ optional
- Chutney : Pickle / chutney

- Main Course: Chana dal stuffed roti
- Rice : Fried rice
- Curd : Bathua raita
- Salad : Cucumber salad/ plain salad
- Pickle : Pickle / chutney
- Papad : Aloo papad / optional

- Main Course: Rajma
- Chutney: Pickle / chutney
- Rice : Plain rice
- Roti : Wheat roti
- Salad : Tomato onion salad / plain
- Papad : Moong dal papad / optional
- Curd : Plain curd
- Sweet : Sweet potato kheer

- Main Course: Jeera aloo
- Roti : Wheat Poori
- Salad : Kachumber salad / plain salad
- Curd : Plain curd
- Chutney : Pickle / chutney
- Papad : Urad dal papad / optional

- Main Course: Pizza Icecream

Evening Snacks



- Short Bites : Sikanji
Roasted makhana

- Short Bites : Tomato Soup
Apple pie

- Short Bites : Tang
ChanaJor garam
Lemon tart

- Short Bites : Chocolate shake
Besan sev

- Short Bites : Fruit Juice
Laiya bhelpuri

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

