

# Diet Plan - JMD World School

27<sup>th</sup> November - 02<sup>nd</sup> December '23



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p>		<ul style="list-style-type: none"> <li>Mishrambu milk</li> <li>Refreshment : Gobhi stuffed paratha Steamed mix dal sprouts with lemon</li> </ul>	<ul style="list-style-type: none"> <li>Tomato soup</li> <li>Refreshment : Focaccia corn sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Bournvita milk</li> <li>Refreshment : Paneer stuffed Paratha</li> </ul>	<ul style="list-style-type: none"> <li>Tomato , beetroot, carrot soup</li> <li>Refreshment : Veg khichadi (moong dal+ rice + white til + chopped veggies)</li> </ul>	<ul style="list-style-type: none"> <li>Mishrambu milk</li> <li>Refreshment : Saute sooji idle Nariyal peanuts chatni</li> </ul>
<p>Fruit Break</p>	Guru Nanak Jayanti	<ul style="list-style-type: none"> <li>Whole Fruit : Banana</li> </ul>	<ul style="list-style-type: none"> <li>Whole Fruit : kiwi</li> </ul>	<ul style="list-style-type: none"> <li>Whole Fruit : Papaya</li> </ul>	<ul style="list-style-type: none"> <li>Whole Fruit : Banana</li> </ul>	
<p>Lunch</p>	HOLIDAY	<ul style="list-style-type: none"> <li>Main Course: Shahi paneer Sem aloo veg</li> <li>Roti : Wheat roti</li> <li>Rice : Veg pulao</li> <li>Salad : Kachumber salad / plain salad</li> <li>Papad : Urad dal papad/ optional</li> <li>Chutney : Pickle / chutney</li> </ul>	<ul style="list-style-type: none"> <li>Main Course: White chhole Jeera aloo</li> <li>Rice : Plain rice</li> <li>Roti : Wheat Roti</li> <li>Curd : Plain curd</li> <li>Salad : Cucumber salad/ plain salad</li> <li>Pickle : Pickle / chutney</li> <li>Papad : Aloo papad / optional</li> </ul>	<ul style="list-style-type: none"> <li>Main Course: Moong dal Bhindi veg</li> <li>Chutney: Pickle / chutney</li> <li>Rice : Plain rice</li> <li>Roti : Wheat roti</li> <li>Salad : Tomato onion salad / plain</li> <li>Papad : Moong dal papad / optional</li> <li>Curd : Plain curd</li> <li>Sweet : Rice kheer</li> </ul>	<ul style="list-style-type: none"> <li>Main Course: Mix saag with white butter, Gobhi aloo veg</li> <li>Roti : Wheat roti/ makka roti</li> <li>Salad : Kachumbar salad / plain salad</li> <li>Curd : Plain curd</li> <li>Chutney : Pickle / chutney</li> <li>Papad : Urad dal papad /optional</li> </ul>	<ul style="list-style-type: none"> <li>Main Course: Veg burger Pastry</li> </ul>
<p>Evening Snacks</p>		<ul style="list-style-type: none"> <li>Short Bites : Orange juice/ pineapple juice Saute kheel</li> </ul>	<ul style="list-style-type: none"> <li>Short Bites : Chocolate shake Saute boiled singhara</li> </ul>	<ul style="list-style-type: none"> <li>Short Bites : veg clear soup Muffins</li> </ul>	<ul style="list-style-type: none"> <li>Short Bites : Hot chocolate shake Nachos</li> </ul>	

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

